

Substance Abuse Prevention Collaborative

Christmas Edition V 1



December 18, 2020

Holidays can be a tough time of the year without the added stress of COVID. This is a unique year that calls for unique responses. Look for an early version next week dedicated to recovery resources local and international. There is something for everyone!

Ask, Listen and Learn

<https://asklistenlearn.org/creating-moments-of-mindfulness/>

Celebrating and relaxing at home, and starting new traditions, is a reset that we all need. We have all had to show resilience in a time of uncertainty this year. We have had to adapt to changing circumstances and model responsibility for our kids more than ever. As you step back from your daily routines, we want to encourage you to make the most of this time by taking a deep breath and creating moments of mindfulness for yourself and your family.

Recognizing Holiday Triggers of Trauma (For Providers)

<https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/recognizing-holiday-triggers>

During the holiday season, the need for a trauma-informed approach is critical. Everywhere we turn, we're reminded that it is supposed to be "the most wonderful time of the year." While for some that may be true, yet for others the holiday season is wrought with triggers such as songs, scents, and rituals. Then there is pressure to conform to particular social and familial expectations, increased presence of [alcohol](#), and more interactions with family and friends. For those experiencing [homelessness](#), the holidays may also serve as a reminder of what does not exist—a home in which to celebrate, cook, decorate, and rejoice. Loss, loneliness, and shame are powerful triggers.

WHO ARE WE?

SAPC

SAPC is a coalition of eight communities working together to help reduce substance abuse with specific intentions for youth below the age of 18.

Communities include:

Billerica—Mike Higgins
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Chelmsford—Amanda Glaser
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Dracut—Maria Ruggiero
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Lowell—Lainnie Emond
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Westford—Jeff Stephens
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Wilmington—Samantha Reif
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Online Support and Meetings!

SMART Recovery

<https://www.smartrecovery.org/community/>

Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by our science-based and sensible 4-Point Program. Recovery does work!

Alcoholics Anonymous On-Line

<https://aa-intergroup.org/oiaa/meetings/>

The Online Intergroup of Alcoholics Anonymous (OIAA) features 1,000+ meetings available worldwide. It adjusts for your time zone, you can filter it by day, language, meeting names or types. You can change time zones to see what is happening around the world (addiction has NO boundaries) and there are 24/7 meetings, emails and chats. Recovery does work!

Narcotics Anonymous

<https://virtual-na.org/>

Bringing Narcotics Anonymous Meetings to Remote or Isolated Addicts from around the world who may, for whatever reason, be unable to attend local face to face meetings.

SAMSHA National Help-line

<https://www.samhsa.gov/find-help/national-helpline>

SAMHSA's National Helpline, 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) or TTY: [1-800-487-4889](https://www.samhsa.gov/find-help/national-helpline) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

In The Rooms

<https://www.intherooms.com/home/>

In The Rooms is a *free* online recovery tool that offers 130 weekly online meetings for those recovering from alcoholism or drug addiction. The meetings require only an internet connection and a device, and provide support from those in recovery from around the world. But we also have a host of other great features!

Do you know someone who is at risk for overdose? Narcan is free and available through pharmacies (as a standing order) and within our communities. Call Maria Ruggiero at 978-382-4989 for more information.

