

Substance Abuse Prevention Collaborative

HAPPY NEW YEAR
2021

December 30, 2020

This has been a unique and challenging year for us all. We wish you a happy new year filled with possibilities and wish to remember the beautiful souls that were lost for any reason during this time. Goodbye 2020!

As 2020 Closes, Many Questions Remain About Youth and Substance Use Trends!

<https://www.drugabuse.gov/about-nida/noras-blog/2020/12/2020-closes-many-questions-remain-about-youth-substance-use-trends>

The results of the 2020 Monitoring the Future (MTF) survey of drug use and attitudes in middle and high school students were released today, with the encouraging news that the alarming rises in teen vaping both of nicotine and marijuana seen in prior years had leveled off, although use remained high. But as with so many other efforts in 2020, the MTF survey was impacted by the COVID-19 pandemic. And we are left at the end of this tumultuous year with many questions about how circumstances have affected youth, their substance use, and their mental health more generally. Visit the survey here.

<https://www.drugabuse.gov/news-events/news-releases/2020/12/study-surge-of-teen-vaping-levels-off-but-remains-high-as-of-early-2020>

Understanding Drug Use and Addiction!

<https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction>

Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences. The initial decision to take drugs is voluntary for most people, but repeated drug use can lead to brain changes that challenge an addicted person's self-control and interfere with their ability to resist intense urges to take drugs.

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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Tyngsborough—Shaun Woods
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Westford—Jeff Stephens
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Wilmington—Samantha Reif
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Investigating Drug Abuse Videos!

<https://www.drugabuse.gov/drug-topics/addiction-science/investigating-drug-abuse>

Three short videos to help dig deeper into drug abuse—Building Molecular Tools, Brain Imaging, and Brain Neurons. Different ways to look at drug abuse and how it affects our brains and bodies.

New Evidence on Substance Use Disorders and COVID 19 Susceptibility.

<https://www.drugabuse.gov/about-nida/noras-blog/2020/10/new-evidence-substance-use-disorders-covid-19-susceptibility>

In April when the COVID-19 pandemic was an emerging health threat in the U.S., there is reason to be concerned that people with substance use disorders (SUDs) may be particularly vulnerable to COVID-19 and its most adverse health outcomes. At that point we had very little data to directly support that hypothesis, but we can now speak with greater confidence.

Mental Health

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

Many people who are addicted to drugs are also diagnosed with other mental disorders, including anxiety and depression. Some people develop mental health problems related to their compulsive drug use, and some people take drugs in an attempt to alleviate symptoms of mental health disorders. Whatever symptoms appear first, it is important to treat all mental illnesses at the same time. This section provides resources for mental illnesses beyond addiction.

Comorbidity—Substance Use Disorders and Mental Health Illnesses.

<https://www.drugabuse.gov/publications/drugfacts/comorbidity-substance-use-disorders-other-mental-illnesses>

Comorbidity describes two or more disorders or illnesses occurring in the same person. They can occur at the same time or one after the other. Comorbidity also implies interactions between the illnesses that can worsen the course of both.

National Institute of Mental Health

<https://www.nimh.nih.gov/index.shtml>

<https://www.nimh.nih.gov/health/topics/index.shtml>

The National Institute of Mental Health (NIMH), the lead federal agency for research on mental disorders, offers basic information on mental disorders, a range of related topics, and the latest mental health research.

What do you think of when you hear support or recovery? What does it really mean?

The Front Door explores the many paths of recovery in an informal space. Come see what it is all about every Thursday night at 7:00PM.

Link: <https://zoom.us/j/399172107?pwd=dzZLTGF>

Meeting ID: 399 172 107

Password: 427055