

Substance Abuse Prevention Collaborative

December 4, 2020

The third annual Substance Use Disorder Symposium is here!
Not registered, no problem, registration link below.
https://whova.com/portal/registration/mvsud_202012/

Alcohol and Public Health



<https://www.cdc.gov/alcohol/faqs.htm>
What does alcohol consumption and public health work together. Could alcohol use become a public health challenge?

Marijuana and Public Health

<https://www.cdc.gov/marijuana/index.htm>
<https://www.cdc.gov/marijuana/faqs.htm>

What about marijuana, can that become a public health challenge as well?

Facts About Alcohol

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

People may drink to socialize, celebrate, or relax. Alcohol often has a strong effect on people—and throughout history, people have struggled to understand and manage alcohol's power. Why does alcohol cause people to act and feel differently? How much is too much? Why do some people become addicted while others do not?



Alcohol Effects on the Body

<https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body>

Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here's how alcohol can affect your body:

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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Young Adults—Behavioral Health Challenges

<https://www.samhsa.gov/young-adults>

If you've noticed someone in your life showing signs of a mental or substance use disorder, the first thing you should do is talk  to them. It's not an easy conversation, but it could be exactly the encouragement they need to seek help.

We All Have Mental Health.

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

This video created in London demonstrates that no matter where we live or who we are, we all have mental health, and mental health challenges. The more we understand how behavioral health challenges work, the faster we will break down the stigma.

Resources for Families Coping with Mental and Substance Use Disorders.

<https://www.samhsa.gov/families?fbclid=IwAR3qKB2IDiD81pGRH2Dn2HKrjnXCSeRahxLrEIVIQt5LYzyYyIGPmM8-mT4>



Every family is unique, but all families share a bond that can be used to support one another during trying times. While there is no one-size-fits-all solution for helping a family member who is drinking too much, using drugs, or dealing with a mental illness, research shows that family support can play a major role in helping a loved one with mental and substance use disorders. When a family member is experiencing a mental or substance use disorder, it can affect more than just the person in need of recovery.

What About Social Media?

https://www.youtube.com/watch?v=Czq_9C7gw0o&t=639s

Scrolling through our social media feeds feels like a harmless part of our daily lives. But is it actually as harmless as seems? According to social media expert Bailey Parnell, our growing and unchecked obsession with social media has unintended long term consequences on our mental health. As social media continues to become part of the fabric of modern life

Corona Virus and Mental Health

<https://www.youtuve.com/watch?v=h4tsN7InkPM>

Being in isolation or quarantine can affect mood and raise stress. It is common to feel helplessness, boredom or loneliness and depression from being in isolation. This video presents four guidelines and tips that will help relieve stress and take care of the psychological well-being of all.

