

# Prevention Professionals of Northern Middlesex

January 29, 2021

This week's newsletter is dedicated to mental health. Teens who struggle with mental health issues such as depression and anxiety are more likely to experiment with drugs and alcohol to help them "*feel better*". Learning the signs and how to help them truly feel better is critical for substance abuse prevention. Facebook @MAPPNM

## Mayim Bialik Talks About Mental Health!

[https://www.youtube.com/watch?fbclid=IwAR3uTSyC8IBcrMGeFQ\\_zAV0nkrvypSNwHoKoJNtHyZvwKZ0KZwQE7TzsuL4&v=nDMgYdLiol4&feature=youtu.be](https://www.youtube.com/watch?fbclid=IwAR3uTSyC8IBcrMGeFQ_zAV0nkrvypSNwHoKoJNtHyZvwKZ0KZwQE7TzsuL4&v=nDMgYdLiol4&feature=youtu.be) Are you a Big Bang Theory fan? Mayim Bialik, who is also a PhD has created a fun and informative podcast called "*Welcome to my Breakdown*" where she breaks down all aspects of mental health including terms and concepts of emotional health and well-being

## 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.

## 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  
[mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)

Lowell—Lainnie Emond  
[lemond@lowellma.gov](mailto:lemond@lowellma.gov)

Tewksbury—Maria Ruggiero  
978-382-4989  
[mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)

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)

## Mental Health and COVID—What Parents Should Know!

[https://www.bgca.org/news-stories/2020/May/Mental-Health-COVID-19-What-Parents-and-Caregivers-Should-Know?&c\\_src=idm\\_cm\\_googleads&qclid=Cj0KCQiA3smABhCjARIsAKtrg6LkxvFagPDpY1nEI\\_jS3opBNHS3gTILNIXxUQPfXsxpNE-G5oufp1waAnn4EALw\\_wcB](https://www.bgca.org/news-stories/2020/May/Mental-Health-COVID-19-What-Parents-and-Caregivers-Should-Know?&c_src=idm_cm_googleads&qclid=Cj0KCQiA3smABhCjARIsAKtrg6LkxvFagPDpY1nEI_jS3opBNHS3gTILNIXxUQPfXsxpNE-G5oufp1waAnn4EALw_wcB)

Mental health effects during a global pandemic are very important to monitor, especially in children. Although it has been estimated that youth and young adults have the lowest mortality rates from COVID-19, they are not immune to its consequences.

## Support for Teens and Young Adults!

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

Some of the questions you might be asking are, “Should I be freaking out about COVID-19?” and “Why can’t I hang out with my friends in person?”. You may be feeling worried, bored, or frustrated. COVID-19 is frightening, and you are not the only one feeling stressed. While anyone can catch the virus that causes COVID-19 and people of all ages and backgrounds can get severely ill, most people have a mild illness and are able to recover at home. But regardless of your personal risk, it is natural to be concerned for your friends and family or about uncertainty and changes in your daily routine.

## Reducing Stigma!

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

Stigma is discrimination against an identifiable group of people, a place, or a nation. Stigma is associated with a lack of knowledge about how COVID-19 spreads, a need to blame someone, fears about disease and death, and gossip that spreads rumors and myths.

## Coping with Stress!

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

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. **Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.**

## NARCAN

**We are seeing an increase in overdoses in our communities. Narcan is a drug that can temporarily reverse and opioid overdose and provide time for people to receive medical attention. We are providing a short and easy training as well as two free 4mg doses. Call Maria Ruggiero at (978)-640-4385 Ext 352 or email [muggiero@tewksbury-ma.gov](mailto:muggiero@tewksbury-ma.gov)**