

# Prevention Professionals of Northern Middlesex



February 12, 2021

February is Black History Month, an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S History.

Learn more at: <https://www.history.com/topics/black-history/black-history-month>

## Alcohol Poses Different Challenges During COVID!

<https://www.niaaa.nih.gov/directors-blog-alcohol-poses-different-challenges-during-covid-19-pandemic>.

Alcohol misuse is already a public health concern in the United States, with dramatic increases in emergency department visits and alcohol-related deaths observed in recent years. Alcohol has the potential to further complicate the COVID-19 pandemic in multiple ways.

## Harmful Interactions with Alcohol!

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/harmful-interactions-mixing-alcohol-with-medicines>

You've probably seen this warning on medicines you've taken. The danger is real. Mixing alcohol with certain medications can cause nausea and vomiting, headaches, drowsiness, fainting, or loss of coordination. Alcohol can make a medication less effective or even useless, or it may make the medication harmful or toxic to your body.

## Talk to Your Kids About Alcohol

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/make-a-difference-child-alcohol>

With so many drugs available to young people these days, you may wonder, "Why develop a booklet about helping kids avoid alcohol?" **Alcohol is a drug**, as surely as cocaine and marijuana are. It's also illegal to drink under the age of 21. Kids who drink are more likely to: Be victims of violent crime, have serious problems in school and be involved in drinking-related traffic crashes

## 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  
[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)

# Interrupted Memories—Alcohol Induced Blackouts!

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/interrupted-memories-alcohol-induced-blackouts> Drinking to the point of a blackout has gained pop culture notoriety in recent years. Blackouts are typically associated with consuming excessive amounts of alcohol that can lead to impaired memory of events that transpired while intoxicated, and a drastically increased risk of injuries and other harms. They can occur in anyone who drinks alcohol, no matter their age or level of experience with drinking. In this factsheet, we will take a sober look at this common but deeply concerning consequence of alcohol misuse.

## Underage Drinking.

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking> Underage drinking is a serious public health problem in the United States. Alcohol is the most widely used substance among America's youth, and drinking by young people poses enormous health and safety risks. The consequences of underage drinking can affect everyone—regardless of age or drinking status.

## 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:

## Understanding Alcohol Use Disorder.

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-alcohol-use-disorder> Alcohol use disorder (AUD) is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. It encompasses the conditions that some people refer to as alcohol abuse, alcohol dependence, alcohol addiction, and the colloquial term, alcoholism.

## Hangovers.

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/hangovers> For many people, a night of drinking can lead to a painful morning after and the dreaded effects of a hangover. What does science tell us about this phenomenon? What causes the typical symptoms of a hangover? And the question perhaps as old as hangovers themselves—are there any real remedies?

**We are seeing increased overdoses in our communities. Fentanyl is showing up in other drugs with the user having NO idea they are using fentanyl. We provide two free 4mg doses with a quick and easy training. Carrying Narcan saves lives! Call Maria Ruggiero 978-640-4385 Ext 352. [mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov) Cell 978-382-4989**

