

Prevention Professionals of Northern Middlesex



February 5, 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>

How COVID Has Changed Alcohol Use!

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/how-covid-19-has-changed-alcohol-use> People may choose to drink for many reasons, but overall motives tend to fall into two main categories: enhance positive feelings or suppress negative feelings. During the COVID-19 pandemic, both motives can play a role in drinking more than usual.

Women and Alcohol.

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/women-and-alcohol>

Research shows that alcohol use and misuse among women are increasing. While alcohol misuse by anyone presents serious public health concerns, women who drink have a higher risk of certain alcohol-related problems compared to men. It is important that women be aware of these health risks and of the U.S. dietary guidelines, which recommend no more than 1 drink per day for women, as they make informed decisions about alcohol use.

Binge Drinking.

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/binge-drinking>

The National Institute on Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 percent—or 0.08 grams of alcohol per deciliter—or higher. For a typical adult, this pattern of excessive alcohol use corresponds to consuming 4 or more drinks (female), or 5 or more drinks (male) in about 2 hours.

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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What Are Adverse Childhood Experiences (ACEs)?

<https://www.cdc.gov/vitalsigns/aces/index.html>

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented.

Six Self Care Tips on Overcoming Abuse Related Trauma.

<https://nami.org/Blogs/NAMI-Blog/January-2021/Six-Self-Care-Tips-on-Overcoming-Abuse-Related-Trauma?fbclid=IwAR0rYzjZCmjm9noFzYZVad80kn1TiZtt4eFKYNe3MtynZEMLIgTtfzdk4fQ>

Two links that discuss how nicotine is finding its way into our youth's life, why it is harmful and more ideas for what to do about it and become part of the solution.

Preventing Adverse Childhood Experiences (ACEs).

https://www.cdc.gov/violenceprevention/aces/fastfact.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Ffastfact.html

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household. **ACEs are common.** About 61% of adults surveyed across 25 states reported that they had experienced at least one type of ACE, and nearly 1 in 6 reported they had experienced four or more types of ACEs.

ACEs Resources!

https://www.cdc.gov/violenceprevention/aces/resources.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Fresources.html

Learning more about what causes an ACE score and how to prevent negative consequences around the trauma will help us combat the future addiction and mental health challenges we are going to face from COVID for years to come.

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 Cell 978-382-4989

