

Prevention Professionals of Northern Middlesex



March 12, 2021

We are looking for youth between the ages of 12 and 24 to fill out this quick survey to help us create effective messaging. Can you help by filling this out or passing it on to someone within that age group?

<https://www.surveymonkey.com/r/K8WL3KP>

Dietary Guidelines for Alcohol!

<https://www.cdc.gov/alcohol/fact-sheets/moderate-drinking.htm> 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.

Sobering Facts—Alcohol Impaired Driving Massachusetts

<https://www.cdc.gov/motorvehiclesafety/pdf/impaired-driving-new/CDC-impaired-driving-fact-sheet-Massachusetts.pdf>

Almost one in three traffic deaths in the United States involves a driver with a blood alcohol concentration (BAC) of 0.08% or higher. Alcohol-impaired driving laws make it illegal to drive with a BAC at or above a specified level (0.05% or 0.08%, depending on the state).

What is Alcohol Use Disorder?

<https://teens.drugabuse.gov/drug-facts/alcohol>

Alcohol use disorder (AUD) is a chronic relapsing brain disorder characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. AUD ranges from mild to severe. This has no boundaries and anyone, with some being at a dramatic higher risk, can develop this disorder.

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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Wilmington—Samantha Reif
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Trust the Facts—Get the Vax!

<https://www.mass.gov/info-details/trust-the-facts-get-the-vax-campaign-materials>

View TV ads, animated videos and other materials for the Commonwealth's multilingual public awareness campaign for the COVID-19 vaccine. What does the WHO recommend?

[https://www.who.int/news-room/q-a-detail/coronavirus-disease-\(covid-19\)-vaccines](https://www.who.int/news-room/q-a-detail/coronavirus-disease-(covid-19)-vaccines)

Substance Use Disorders and COVID-19!

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

Risk of COVID-19 was highest among those who had received a diagnosis of SUD within the past year. Those with a recent SUD diagnosis were 10.2 times more likely than those without a recent SUD diagnosis to have COVID-19 (versus people without substance use disorder), followed by recent diagnosis of tobacco use disorder (8.2 times more likely), alcohol use disorder (7.8 times), cocaine use disorder (6.5 times), and cannabis use disorder (5.3 times). Substance use can harm or weaken the body making people more vulnerable to infection.

Parents—Facts on Drug (and Alcohol) Teen Use!

<https://teens.drugabuse.gov/parents>

Talking to our teens can often feel like a challenge. So much has changed in their brains, bodies and the society we live in. Here are some ideas and resources to help you talk to your teen about alcohol and drug use.

Talk—they hear you! <https://www.samhsa.gov/underage-drinking/parent-resources>

Answering the tough questions: <https://www.samhsa.gov/underage-drinking/parent-resources/answering-your-childs-tough-questions>

Why your child might start drinking: <https://www.samhsa.gov/underage-drinking/parent-resources/why-your-child-might-start-drinking>

Why you should talk to your child about alcohol and other drugs:

<https://www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child>

Tips for Teens

https://store.samhsa.gov/?f%5B0%5D=series%3A5567&fbclid=IwAR19jIyaJXtjs0sjlFLN25NTHyI1_glXsNNtbDiCItSU_rxUMxL2cx-G-h4

Have a teenager in the house? SAMHSA's tips for teen series, designed to help teens learn more about multiple substances, like tobacco and E-cigarette vaping, and their harmful effects as well as a wide range of other topics. The hope is this information will help them make healthier choices as they grow.

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

