

Prevention Professionals of Northern Middlesex



March 5, 2021

Did you know that when we refer to “Behavioral Health” we can be talking about a variety of issues related to our overall health and wellness? It is a combination of substance use disorders and mental health challenges and how they interact with all aspects of our lives.

Talk They Hear You!

<https://www.samhsa.gov/underage-drinking>

SAMHSA’s substance use prevention campaign helps parents and caregivers start talking to their children early about the dangers of alcohol and other drugs. New PSAs and information to help parents and caregivers.

Five (5) Conversation Goals!

<https://www.samhsa.gov/underage-drinking/parent-resources/five-conversation-goals>

Research suggests that one of the most important factors in healthy child development is a strong, open relationship with a parent. It is important to start talking to your children about alcohol and other drugs before they are exposed to them.

What is Your Marijuana IQ?

<https://www.samhsa.gov/marijuana-quiz>

How much do we know about marijuana? Take the IQ quiz and see.

Know the Risks of Meth!

<https://www.samhsa.gov/meth>

Methamphetamine (meth) is a powerful, highly addictive drug that causes devastating health effects, and sometimes death, even on the first try.

Meth is easy to get addicted to and hard to recover from. Meth is a dangerous, synthetic, stimulant drug often used in combination with other substances that can be smoked, injected, snorted, or taken orally.

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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Four Things You Can Do to Support Your Teens Mental Health.

https://www.unicef.org/parenting/health/four-things-you-can-do-support-your-teens-mental-health?utm_campaign=&utm_source=facebook&utm_medium=organic&fbclid=IwAR0XUeLUTgb3smp3JwiDbMOdbg4zNrSXUohzskFVmv8UOVXps09CLspeB5s

UNICEF for every child has some easy and important suggestions to help your teen, and yourself, support mental health during these trying times. Whether you and your teen are getting along well or having challenges, it is important to show that you love and support them, that you can help them navigate tough times and that you are always there for them. Here are four things to keep in mind when having that 'how-are-you-doing?' conversation with your teen and to show that you are always there for them.

Mental Illness and Substance Use in Young Adults!

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

Entering adulthood can be an emotional time, but sometimes the ups and downs can mean something more. Millions of young adults are living with a mental or substance use disorder and many either do not realize they have one or are not paying attention to the signs and not seeking help. In fact, of the 8.9 million young adults who reported having a mental illness in 2018, more than 2 in 5 went untreated and of the 5.1 million with a substance use disorder, nearly 9 in 10 did not get treatment.

Resources for Families Coping with Substance and Mental Health disorders.

<https://www.samhsa.gov/families>

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.

Behavioral Health Equity!

<https://www.samhsa.gov/behavioral-health-equity>

Behavioral Health Equity is the right to access quality health care for all populations regardless of the individual's race, ethnicity, gender, socioeconomic status, sexual orientation, or geographical location. This includes access to prevention, treatment, and recovery services for mental and substance use disorders.

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

