

Prevention Professionals of Northern Middlesex



April 2, 2021

We are seeing an increase in opioid overdoses in our area. Please take the moment to scan this QR code or follow the video link to learn how easy, safe and critical Narcan is in our efforts to the fight opioid addiction and overdose.



<https://www.facebook.com/RegionalPPNM/videos/260879358484816>

The Science of Addiction: Genetics and the Brain

<https://learn.genetics.utah.edu/content/addiction/>

Society is learning the importance of our genetic makeup and how that makes us who we are. How much does our genetic makeup determine what and how we become addicted to specific drugs?

<https://learn.genetics.utah.edu/content/addiction/abuse/>

Drugs and the Teenage Brain.

<https://teens.drugabuse.gov/drug-facts/brain-and-addiction#topic-2>

What do drugs do to your brain and how do specific drugs react and affect your brain?

<https://teens.drugabuse.gov/drug-facts/how-do-they-affect-brain>

Drug Facts

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

Get the facts about the most commonly used drugs. Learn what they are and how using drugs can affect your body and your mind.

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

Bath Salts: <https://teens.drugabuse.gov/drug-facts/bath-salts>

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

Methamphetamine (Meth) : <https://teens.drugabuse.gov/drug-facts/methamphetamine-meth>

Prescription Drugs: <https://teens.drugabuse.gov/drug-facts/prescription-drugs>

Tobacco, nicotine, vaping and e-cigarettes

<https://teens.drugabuse.gov/drug-facts/tobacco-nicotine-vaping-e-cigarettes>

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

Chelmsford—Amanda Glaser
aglaser@townofchelmsford.us

Dracut—Maria Ruggiero
mruggiero@teewksbury-ma.gov

Lowell—Lainnie Emond
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Tewksbury—Maria Ruggiero
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Tyngsborough—Shaun Woods
swoods@tyngsboroughma.gov

Westford—Jeff Stephens
jstephens@westfordma.gov

Wilmington—Samantha Reif
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Younger Use of Cannabis and/or and Prescription Drug Misuse and Substance Use Disorder!

https://www.drugabuse.gov/news-events/news-releases/2021/03/younger-age-of-first-cannabis-use-or-prescription-drug-misuse-is-associated-with-faster-development-of-substance-use-disorders?fbclid=IwAR0xf9CJN_M-L-8OzFzwtVSWnCZrI-WF5tD8rJmH-2yO_9McXZv5SIbE3U

https://www.who.int/health-topics/alcohol#tab=tab_1

A new study shows that in the time after first trying cannabis or first misusing prescription drugs, the percentages of young people who develop the corresponding substance use disorder are higher among adolescents (ages 12-17) than young adults (ages 18-25). In addition, 30% of young adults develop a heroin use disorder and 25% develop a methamphetamine use disorder a year after first using heroin or methamphetamine. These findings, published in *JAMA Pediatrics*, emphasize the vulnerability of young people to developing substance use disorders.

Public Education Projects!

<https://www.drugabuse.gov/news-events/public-education-projects>

A list of some of NIDA's ongoing public education projects. To view NIDA's Public Service Announcements, visit our PSAs page for television and radio spots and more.

Heads Up Scholastic Inc and NIDA

<https://www.drugabuse.gov/news-events/public-education-projects/nida-scholastic-heads-up>

Since 2002, NIDA and Scholastic Inc. have partnered to create *Heads Up: Real New About Drugs and Your Body*—a science-based education series that provides teachers and students innovative materials about the effects of drugs and drug use on the brain and body. New materials, including teen articles, classroom lessons, and student worksheets are created and distributed every school year through Scholastic's in school magazines, as well as posters and Web-only materials. Annual compilations of magazine materials, as well as posters, some with teaching guides and some in Spanish, are available for ordering or downloading, free of charge. <http://heads.up.scholastic.com/>

SAMSHA National Helpline!

<https://www.samhsa.gov/find-help/national-helpline>

SAMHSA's National Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP), (also known as the Treatment Referral Routing Service) or TTY: [1-800-487-4889](tel:1-800-487-4889) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

Carrying Narcan saves lives!

Reach out for your FREE (2) 4mg doses of Narcan

Call Maria Ruggiero 978-640-4385 Ext 352.

mruggiero@tewksbury-ma.gov Cell 978-382-4989

