

April 24<sup>th</sup> is the DEA's Unwanted Medication Disposal Day.  
Check for the closest location to you and dispose of your old and unwanted medications!  
<https://takebackday.dea.gov/>

# Prevention Professionals of Northern Middlesex



April 16, 2021

April is **Alcohol Awareness Month** just in time for our schools and businesses to be opening a bit. With steps towards a more social life once our COVID response is "over", it may be time to think about alcohol consumption and how it has effected your (or someone you love) overall health and wellness. Think about it, the more we know the safer we can be!

## Symptoms of Alcohol Use Disorder!

<https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Whats-the-harm/What-Are-Symptoms-Of-Alcohol-Use-Disorder.aspx>

A few mild symptoms — which you might not see as trouble signs — can signal the start of a drinking problem. It helps to know the signs so you can make a change early. If heavy drinking continues, then over time, the number and severity of symptoms can grow and add up to "alcohol use disorder." Doctors diagnose alcohol use disorder when a patient's drinking causes distress or harm. See if you recognize any of these symptoms in yourself

## Harmful Use of Alcohol!

<https://www.who.int/health-topics/alcohol#>

Alcohol is a toxic and psychoactive substance with dependence producing properties. In many of today's societies, alcoholic beverages are a routine part of the social landscape for many in the population. This is particularly true for those in social environments with high visibility and societal influence, nationally and internationally, where alcohol frequently accompanies socializing. In this context, it is easy to overlook or discount the

## Teen Alcohol Abuse.

<https://www.alcohol.org/teens/>

Learn what to do if you suspect your son or daughter has a problem with alcohol and learn to spot the signs of abuse and the effects of binge drinking.

## 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)

## Teens and Alcohol.

<https://rethinkthedrinks.com/alcohol-the-teen-brain/>

For teenagers, alcohol use can have many harmful impacts on their health and well-being. Children whose parents talk to them about the risks of drugs and alcohol are less likely to use them.

## The Vulnerable Teenage Brain.

<https://onechoiceprevention.org/drugs-the-vulnerable-teen-brain>

Beginning in the early teenage years and extending to the mid-20s, the human brain undergoes a period of great change. During this period many teens tend to take more risks, seek high pleasure activities, and exhibit poor judgement. These facts make teenagers at heightened risk for substance use. The adolescent brain can be changed as a result of early substance use. Brain differences have been found between teens who use substances and their non-using peers. Deficits in brain functioning may continue after teens have stopped using.

## Understanding Alcohol Use Disorder-the Basics!

<https://www.webmd.com/mental-health/addiction/understanding-alcohol-abuse-basics#1>

Alcohol use disorder can cause major health issues, alienate you from your family, and interfere with your work. Fortunately, early treatment can help you and your loved ones avoid the more unfortunate consequences of the condition. Consumed in excess, alcohol is poisonous and is considered a drug. It is estimated that between 18 million -- or one in 12 adults -- in the U.S. abuse alcohol or are chronic alcoholics.

## Excessive Alcohol Use!

<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/alcohol.htm>

CDC works to reduce the four main risk factors for preventable chronic diseases: tobacco use, poor nutrition, lack of physical activity, and excessive alcohol use.

## How to Explain Addiction Recovery to Your Children?

<https://www.webmd.com/connect-to-care/addiction-treatment-recovery/explaining-addiction-recovery-to-your-children>

Addiction is often referred to as a family disease because it impacts more than the person dealing with dependency. Discussing addiction, relapse, and recovery to anyone can be overwhelming, but it's especially complex to explain to a child. There are a number of factors that go into discussing addiction and sobriety with children, including the specific situation itself, your family dynamic, and the child's age.

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[mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov) Cell 978-382-4989

