

# Prevention Professionals of Northern Middlesex

January 22, 2021

Our covid response is bringing on a new level of alcohol consumption in our society. There are more commercials advertising the “hip” type of alcohol that promises a “way to relax” or “escape”. The more we, and our kids, hear this message the more we can start to believe it is true. We are concerned that addiction to alcohol and other drugs used to “cope” during this epidemic will be at an all new HIGH in years to come!

## Alcohol Basics

<https://www.cdc.gov/alcohol/fact-sheets.htm> The CDC has created a web link that provides a variety of FAQ’s, information on alcohol, underage drinking, binge drinking, your health and combining alcohol and caffeine. Take a few moments to learn the facts so you can make a healthier decision in coping with our current circumstances. You know what they say...the more we know!

FAQ’s: <https://www.cdc.gov/alcohol/faqs.htm>

Under Age Drinking: <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

Alcohol Use and Your Health:  
<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

Binge Drinking: <https://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>

Alcohol and Caffeine: <https://www.cdc.gov/alcohol/fact-sheets/caffeine-and-alcohol.htm>



## WHO ARE WE?

PPNM is a coalition of eight communities working together to bring awareness to substance abuse prevention. Members include law enforcement, emergency responders, public health and a variety of substance abuse and mental health professionals.

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)

## Drinking During Covid-19 Up Among People With Anxiety and Depression!

<https://www.nyu.edu/about/news-publications/news/2021/january/alcohol-use-covid-19.html>

A new study by researchers at NYU School of Global Public Health shows that, of the 5,850 survey respondents who said that they drink, 29 percent reported increasing their alcohol use during the COVID-19 pandemic. People with depression were 64 percent more likely to increase their alcohol intake, while those with anxiety were 41 percent more likely to do so.

## World Health Organization on Alcohol!

[https://www.who.int/health-topics/alcohol#tab=tab\\_1](https://www.who.int/health-topics/alcohol#tab=tab_1)

Alcohol overview, risks and what this organization is doing to help!

[https://www.euro.who.int/en/health-topics/disease-prevention/alcohol-](https://www.euro.who.int/en/health-topics/disease-prevention/alcohol-use/news/news/2020/04/alcohol-does-not-protect-against-covid-19-access-should-be-restricted-during-lockdown)

[use/news/news/2020/04/alcohol-does-not-protect-against-covid-19-access-should-be-restricted-during-lockdown](https://www.euro.who.int/en/health-topics/disease-prevention/alcohol-use/news/news/2020/04/alcohol-does-not-protect-against-covid-19-access-should-be-restricted-during-lockdown)

As part of its public health response to COVID-19, WHO Regional Office for Europe has worked with partners to develop a fact sheet which addresses myths and provides information during the pandemic. Although written in the early stages of the pandemic, the information is proven to be true.

## Addiction and Recovery

<https://frontline.crediblemind.com/topics/addiction>



Our partners at the Front Line Initiative have partnered with Credible Mind to provide extensive resources for mental health and substance use. Look for more from them in future newsletters. An estimated 20 million people in the US struggle with substance abuse. Common addictive substances are alcohol, opioids, and tobacco. Fortunately, this disease is treatable. Is your substance use harmful? Take the quick assessment and remember, there is help everywhere you turn. Please reach out, NO ONE is alone. Recovery DOES happen.

<https://frontline.crediblemind.com/assessments/is-your-substance-use-harmful/page1>

## Drinking Too Much, How to Recognize and Treat Addiction During Covid-19.

<https://frontline.crediblemind.com/articles/drinking-too-much-how-to-recognize-and-treat-addiction-during-covid-19>

Drinking has increased significantly due to the current pandemic. Here, two experts offer their advice on how to diagnose whether your drinking has become a problem and treat if necessary, as well as how to avoid addiction

## We are seeing an uptick in overdoses.

If you or someone you know is using opioids please reach out for your free TWO 4mg doses of Narcan. Help save a life today!

Narcan can temporarily reverse an opioid overdose giving the opportunity to reach **medical** help. CONFIDENTIAL CONTACT Maria Ruggiero (office) 978-640-4385 X352 (cell) 978-382-4989

[mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)

