

Prevention Professionals of Northern Middlesex



July 16, 2021

Stay tuned for some enhancements in our newsletter. Exciting things are happening in prevention. We will begin to highlight community partners in variety of ways starting in August! The more we understand the healthier we can become.

Myths of the Adolescent Brain - Dr. Dan Siegel

<https://vimeo.com/191398666>

The adolescent brain is a remarkable thing and it grows and develops long lasting connections. Why is it important to delay alcohol use in teens? How do we create the connections that allow us to function on a daily basis? This video covers our fascinating brain and how we can protect our teens from addiction and help create a healthy adulthood!

Daniel Siegel - The Teenage Brain

<https://www.youtube.com/watch?v=TLULtUPyhog&t=284s>

Daniel Siegel debunks myths about the Teenage Brain and "raging hormones". He discusses the changes and remodeling of the brain within the adolescent period. He asserts that people need to learn about these changes to support and meet adolescents with empathy and compassion.

Brain and Addiction

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

Your brain is who you are. It's what allows you to think, breathe, move, speak, and feel. It's just 3 pounds of gray-and-white matter that rests in your skull, and it is your own personal "mission control."

WHO ARE WE?

PPNM 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:

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About Addiction Science

<https://www.drugabuse.gov/drug-topics/addiction-science>

Many people don't understand why or how other people become addicted to drugs. They may mistakenly think that those who use drugs lack moral principles or willpower and that they could stop their drug use simply by choosing to.

Parents: Drugs Facts For You

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

Learn how drugs affect your teen's brain and how they can impact your teen's life.

Parents: Drug Facts For Your Teen

<https://teens.drugabuse.gov/parents/drug-facts-for-your-teen>

Together with you or on their own, your teen can learn the facts about how drugs affect their brain and body.

Preventing Teen Drug Use!

<https://teens.drugabuse.gov/parents/preventing-teen-drug-use>

There are a variety of ways to help prevent teen drug and alcohol abuse. Waiting just a few years can make a huge difference in our teen's futures.

How Science Has Revolutionized the Understanding of Drug Addiction

<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface>

For much of the past century, scientists studying drugs and drug use labored in the shadows of powerful myths and misconceptions about the nature of addiction. When scientists began to study addictive behavior in the 1930s, people with an addiction were thought to be morally flawed and lacking in willpower. Those views shaped society's responses to drug use, treating it as a moral failing rather than a health problem, which led to an emphasis on punishment rather than prevention and treatment

Family Checkup

<https://www.drugabuse.gov/publications/family-checkup/introduction>

Parents are often concerned that their children will start (or are already) using drugs such as tobacco, alcohol, marijuana, and others—including the misuse of prescription drugs. Research supported by the National Institute on Drug Abuse (NIDA) shows the important role that parents play in preventing drug use in their children.

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