

# Prevention Professionals of Northern Middlesex



July 23, 2021

Our first “Community Partner Spotlight” is the Northeast Tobacco-Free Community Partnership (NETFCP).

Look for future issues to start our small business connections coming soon!

## Understanding Drug Use and Addiction Drug Facts

<https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction>

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. In reality, drug addiction is a complex disease, and quitting usually takes more than good intentions or a strong will. Drugs change the brain in ways that make quitting hard, even for those who want to. Fortunately, researchers know more than ever about how drugs affect the brain and have found treatments that can help people recover from drug addiction and lead productive lives.

## Adolescent Marijuana, Alcohol use Held Steady During COVID-19 Pandemic

<https://www.drugabuse.gov/news-events/news-releases/2021/06/adolescent-marijuana-alcohol-use-held-steady-during-covid-19-pandemic>

Research points to multi layers of prevention efforts are needed to make social change. During the pandemic did we assume the numbers would go down? Adolescent marijuana use and binge drinking did not significantly change during the COVID-19 pandemic, despite record decreases in the substances' perceived availability, according to a survey of 12th graders in the United States.

## 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:**

Billerica—Mike Higgins  
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# Prevention of Substance Use and Mental Disorders

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

Prevention and early intervention strategies can reduce the impact of substance use and mental disorders in America's communities. Prevention activities work to educate and support individuals and communities to prevent the use and misuse of drugs and the development of substance use disorders. Substance use and mental disorders can make daily activities difficult and impair a person's ability to work, interact with family, and fulfill other major life functions. Mental and substance use disorders are among the top conditions that cause disability in the United States. Preventing mental and/or substance use disorders or co-occurring disorders and related problems is critical to behavioral and physical health.

## COMMUNITY PARTNER SPOTLIGHT!

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### Northeast Tobacco-Free Community Partnership

The Northeast Tobacco-Free Community Partnership (NETFCP) prioritizes racial justice and community health over tobacco and vaping industry profits. We work with local partners to fight the industry's historic and unjust targeting of specific groups, including Black, LGBTQ+, and LatinX communities. The TFCP collaborates with local partners to:

- Prevent youth from starting to use tobacco/nicotine
- Protect everyone from secondhand smoke
- Promote free resources to help people quit

Funded by the Massachusetts Department of Public Health's Tobacco Cessation and Prevention Program (MTCP) and housed at Greater Lawrence Family Health Center, the TFCP shares resources, educates, and mobilizes the community in support of local tobacco policy in Northeast Massachusetts.

For more information contact Program Manager, Ashley Hall at [ashley.hall@glfhc.org](mailto:ashley.hall@glfhc.org) -(978) 722-2864. You can also follow the NETFCP on Facebook <https://www.facebook.com/NETFCP>

To learn more about Tobacco-Free Community Partnerships visit "Make Smoking History" <http://makesmokinghistory.org/my-community/community-partnerships/> .

To learn more about MTCP and tobacco visit <http://makesmokinghistory.org/> or <https://mass.gov/vaping>.

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