

# Prevention Professionals of Northern Middlesex



August 6, 2021

Summer is in full swing and so are we. Remember we are here to provide a variety of resources that extend beyond substance abuse and mental health prevention. Keep us in mind and have a safe and happy rest of your summer!

## Marijuana Concentrates Facts

<https://www.drugabuse.gov/publications/drugfacts/marijuana-concentrates>

Cannabis plants are covered by microscopic, mushroom-shaped, hair-like compounds called trichomes. These outgrowths surround the budding marijuana flower and produce the plant's cannabinoids. Different varieties of trichomes can be collected. The resulting products—collectively called cannabis concentrates—can contain very high levels of tetrahydrocannabinol, commonly referred to as THC, the psychotropic ingredient in marijuana.

## NIH Research on Marijuana and Cannabinoids

<https://www.drugabuse.gov/drug-topics/marijuana/nih-research-marijuana-cannabinoids>

The NIH supports a broad portfolio of research on cannabinoids and the endocannabinoid system. This research portfolio includes some studies utilizing the whole marijuana plant (*Cannabis sativa*), but most studies focus on individual cannabinoid compounds. Individual cannabinoid chemicals may be isolated and purified from the marijuana plant or synthesized in the laboratory, or they may be naturally occurring (endogenous) cannabinoids found in the body.

## Marijuana Potency

<https://www.drugabuse.gov/drug-topics/marijuana/marijuana-potency>

## 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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Chelmsford—Amanda Glaser  
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Dracut—Kara Curley  
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Lowell—Lainnie Emond  
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Tewksbury—Maria Ruggiero  
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Tyngsborough—Shaun Woods  
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Westford—Gail Johnson  
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Wilmington—Samantha Reif  
[sreif@wpd.org](mailto:sreif@wpd.org)

# Community Partner Spotlight!

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## Lowell Health Department

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### Substance Use and Prevention Division

Created in 2017, the Substance Abuse and Prevention Division of the Lowell Health Department houses staff that address substance use prevention and harm reduction needs throughout the community. Staff engage in outreach, identify needs, and implement programming. The Division focuses on providing services to enhance the health and wellbeing of the community. Services include a Sharps Disposal Kiosk, discarded syringe pick-up, post-overdose follow-up, community education, Mental Health First Aid training, data analysis, and addressing stigma of substance use disorder. Their work promotes a deeper understanding of substance use disorder as a disease and public health crisis that can be addressed with compassion and empathy. Staff work with a wide network of health, safety, cultural, and educational organizations in Lowell and Greater Lowell to reduce the impacts of substance use and abuse in our communities. We value connecting with our partners and our community to enhance their knowledge of prevention and harm reduction. Our staff are available to present, facilitate open discussions, and host resource tables. Interested in learning more about how we can partner? Give us a call at one of our specialty departments below.

- Post-Overdose Outreach: 978-631-7240
- Syringe Collection Program: 978-674-1049
- Youth Substance Use Prevention Education: 978-674-4304
- Data Collection, Analysis, and Reporting: 978-674-1065
- Medication Disposal Events and Education: 978-674-4304

### Drug Free Greater Lowell

<https://drugfreegreaterlowell.org>

Drug Free Greater Lowell is an educational website run by the Prevention Professionals of Northern Middlesex and housed out of the Lowell Health Department. Multiple resources include; risk reduction strategies, detox and treatment navigation, family services, follow up Narcan and so much more. Visit us often and see our live updates within our communities.

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

