

# Prevention Professionals of Northern Middlesex



September 24, 2021

PPNM is a coalition of eight communities working together to help reduce substance use disorder with specific intentions for youth below the age of 18. Communities include Billerica, Chelmsford, Dracut, Lowell, Tewksbury, Tyngsborough, Westford and Wilmington.

## Creating a Healthier Life

<https://store.samhsa.gov/product/Creating-a-Healthier-Life-/SMA16-4958>

A component of SAMHSA's wellness initiative, this handbook defines wellness and presents the eight dimensions of wellness: social, environmental, physical, emotional, spiritual, occupational, intellectual, and financial. It also offers tips for improving oneself in each dimension

## Substance Addiction Services Descriptions

<https://www.mass.gov/service-details/substance-addiction-services-descriptions>

A brief description of each of the Bureau of Substance Addiction Services program types including eligibility criteria.

## Substance use During the Pandemic

<https://www.apa.org/monitor/2021/03/substance-use-pandemic>

The ongoing stress and uncertainty of COVID-19 have led to increased demand for mental health services from psychologists in the United States—but conditions like anxiety and depression aren't the only mental health issues people are facing. Experts say misuse of opioids and stimulants is also on the rise—and psychologists are in a good position to help.

## Community Contacts

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Dracut—Kara Curley  
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Tyngsborough—Shaun Woods  
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Westford—Gail Johnson  
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Wilmington—Samantha Reif  
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**Facebook and Twitter**  
**#RegionalPPNM**

**Drug Free Greater  
Lowell Web Page**  
[www.drugfreegreaterlowell.org](http://www.drugfreegreaterlowell.org)

# The Transtheoretical Model (Stages of Change)

<https://sphweb.bumc.bu.edu/otlt/mph-modules/sb/behavioralchangetheories/behavioralchangetheories6.html>

The Transtheoretical Model (also called the Stages of Change Model), developed in the late 1970s, evolved through studies examining the experiences of smokers who quit on their own with those requiring further treatment to understand why some people were capable of quitting on their own.

## Recovery is Possible!

Recovery is possible with millions of people living in active recovery every day. There are a variety of services to help you and your loved ones experience the wonder of recovery.

### Learn to Cope:

<https://www.learn2cope.org> A non-profit support network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs.

### Al-Anon:

<https://al-anon.org> Al-Anon members are people, just like you, who are worried about someone with a drinking problem.

### Alcoholics Anonymous

<https://www.aa.org> International fellowship of men and women who have had a drinking problem. Membership is open to anyone who wants to do something about his or her drinking problem.

### Narcotics Anonymous:

<https://www.na.org> NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem.

### Recovery Dharma

<https://recoverydharma.org> a peer-led, grass-roots, democratically-structured organization. Our mission is to support individuals on their path of recovery. NOTE this site is under construction at this time so return if there is no information. In the meantime here is the meeting list

<https://recoverydharma.org/meeting-list>

### Smart Recovery

<https://www.smartrecovery.org/community/> Self-Management And **Recovery** Training is a global community of people & families working together to overcome the suffering caused by addiction and thrive.

## 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

