

Prevention Professionals of Northern Middlesex



August 20, 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.

COVID-19 & Substance Use

<https://www.drugabuse.gov/drug-topics/comorbidity/covid-19-substance-use>

The COVID-19 pandemic presents unique challenges for people with substance use disorders and in recovery. The following resources may help.

Encourage People with Substance Use Disorders to Get Vaccinated Against COVID-19

<https://www.drugabuse.gov/about-nida/noras-blog/2021/06/encourage-people-substance-use-disorders-to-get-vaccinated-against-covid-19>

Substance use disorders (SUDs) are among several health conditions that have been identified by the CDC as increasing a person's risk for becoming severely ill from COVID-19. Because people with a history of experiencing stigma from the healthcare system due to an addiction may be hesitant, community leaders, healthcare providers, and others in the community must play a role in encouraging and facilitating vaccination for people with drug problems.

Delta Variant: What We Know About the Science

<https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html>

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Facebook and Twitter
#RegionalPPNM

**Drug Free Greater
Lowell Web Page**
www.drugfreegreaterlowell.org

High-Risk Substance Use Among Youth

<https://www.cdc.gov/healthyouth/substance-use/index.htm>

Although most youth are in good health, some youth are at an increased risk for behaviors that can lead to poor health outcomes, such as high-risk substance use. The majority of adults who meet the criteria for having a substance use disorder started using substances during their teen and young adult years.⁵ Youth with substance use disorders also experience higher rates of physical and mental illnesses, diminished overall health and well-being, and potential progression to addiction.

Start A Conversation: 10 Questions Teens Ask About Drugs and Health

<https://teens.drugabuse.gov/drug-facts/start-conversation-10-questions-teens-ask-about-drugs-and-health>

For the past decade, researchers at NIDA have set aside a Chat Day each year during National Drug and Alcohol Facts Week® to answer questions teens have about drugs and health. We've compiled teens' 10 frequently asked questions from more than 118,000 queries we've received to help you start a conversation about drugs and health. It's okay if some of this information is news to you—lots of other people are asking, too!

Want to Reduce Stigma? Choose Your Words Wisely

<https://bit.ly/3jnRxW3>

Stigma is a significant barrier in many people's willingness to seek help for alcohol problems and can affect how they are treated in all aspects of life, including availability and quality of care. Reducing stigma is a step toward addressing these problems. We can help alleviate the stigma associated with alcohol-related conditions by consistently using non-pejorative, non-stigmatizing, person-first language to describe these concerns and the people who are affected by them

Health Disparities Among Youth

<https://www.cdc.gov/healthyouth/disparities/>

Health disparities are preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations.¹ Populations can be defined by factors such as race or ethnicity, gender, education or income, disability, geographic location (e.g., rural or urban), or sexual orientation. Health disparities are inequitable and are directly related to the historical and current unequal distribution of social, political, economic, and environmental resources.

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