

Prevention Professionals of Northern Middlesex



October 1, 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.

October is National Substance Use (Abuse) Awareness Month!

<https://www.nctsn.org/resources/public-awareness/national-substance-abuse-prevention-month>

DEA Issues Public Safety Alert on Sharp Increase in Fake Prescription Pills Containing Fentanyl and Meth

<https://www.dea.gov/press-releases/2021/09/27/dea-issues-public-safety-alert>

The Drug Enforcement Administration issued a Public Safety Alert warning Americans of the alarming increase in the lethality and availability of fake prescription pills containing fentanyl and methamphetamine. <https://www.dea.gov/onepill>

What is Fentanyl?

<https://www.drugabuse.gov/publications/drugfacts/fentanyl>

Fentanyl is a powerful synthetic opioid that is similar to morphine but is 50 to 100 times more potent

What is Methamphetamine?

<https://www.drugabuse.gov/publications/drugfacts/methamphetamine>

Methamphetamine is a powerful, highly addictive stimulant that affects the central nervous system.

Community Contacts

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Facebook and Twitter
#RegionalPPNM

Drug Free Greater Lowell Web Page
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.

Substances of Misuse

A variety of substances that are misused and damaging can be found with ease, a click or two of a mouse, or under our own cabinets. Although it has been demonstrated that knowledge alone can help prevent addiction, knowledge is one critical factor in prevention and wellness.

Alcohol: <https://www.drugabuse.gov/drug-topics/alcohol> Alcohol is among the most used drugs, plays a large role in many societies and cultures around the world, and greatly impacts public health. More people over age 12 in the United States have used alcohol in the past year than any other drug or tobacco product, and alcohol use disorder is the most common type of substance use disorder in the United States.

Club Drugs: <https://www.drugabuse.gov/drug-topics/club-drugs> Club drugs tend to be used by teenagers and young adults at bars, nightclubs, concerts, and parties. Club drugs include GHB, Rohypnol[®], ketamine, MDMA (Ecstasy), methamphetamine, and LSD (acid)

Inhalants: <https://www.drugabuse.gov/drug-topics/inhalants> Although other substances that are misused can be inhaled, the term *inhalants* refers to the various substances that people typically take *only* by inhaling. These substances include solvents (liquids that become gas at room temperature), aerosol sprays, gases, and nitrites (prescription medicines for chest pain).

Kratom: <https://www.drugabuse.gov/publications/drugfacts/kratom> Kratom is not currently an illegal substance and has been easy to order on the internet. It is sometimes sold as a green powder in packets labeled "not for human consumption." It is also sometimes sold as an extract or gum.

Over-the-counter-medications: <https://www.drugabuse.gov/drug-topics/over-counter-medicines> Over-the-counter (OTC) medicines are those that can be sold directly to people without a prescription. OTC medicines treat a variety of illnesses and their symptoms, including pain, coughs and colds, diarrhea, constipation, acne, and others. Some OTC medicines have active ingredients with the potential for misuse at higher-than-recommended dosages.

Do you know someone who needs help getting to appointments or meetings to support their recovery?



We can help!

We offer FREE short term transportation and care coordination to support recovery

Communities Served

- Tewksbury
- Tyngsborough
- Billerica
- Chelmsford
- Lowell
- Dracut
- Westford
- Wilmington

978-215-9642

Call us to request help or for more information