

# Substance Abuse Prevention Collaborative



July 4, 2020

Our newsletter will continue over the summer to help provide education and wellness information on a variety of behavioral health topics. Stay well, reach out if you or someone you know needs help and enjoy the summer! We can do this together!

## Grandparents Raising Grandchildren!

<https://www.facebook.com/658186307531446/posts/3613439238672790/>

In response to COVID-19, and in recognition of the importance of support during difficult times, members of the Commission will be hosting Zoom support groups for grandparents raising grandchildren and relative caregivers living in Massachusetts. Groups will be held bi-weekly and will be offered both in the morning and in the evening in order to accommodate busy schedules and needs. Guest speakers will be invited throughout the summer in order to provide the most updated information about services and resources for families or to address specific issues raised during meetings.



## Alcohol and COVID.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/alcohol-use.html>

Increased stress can lead to increases in alcohol and substance use. If you or someone you care about is starting to use alcohol or other substances, or is increasing their use during the COVID-19 pandemic, we are here to help. The CDC web page provides information and resources.

## Catch at Home—Education Curriculum

<https://www.catch.org/pages/health-at-home#ost>

Parents, just like you, we are trying to keep our kids healthy and active in the midst of **Coronavirus-related school closures**. **Catch.org** has set up a Google Classroom to provide you with free and easy access to several of CATCH's evidence-based health, nutrition, P.E., and home education materials. These distance learning materials include fun lessons and physical activities for kids at home and require limited space and supervision.

## WHO ARE WE?

### SAPC

*SAPC 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**  
[mhiggins@town.billerica.ma.us](mailto:mhiggins@town.billerica.ma.us)

**Chelmsford—Amanda Glaser**  
[aglaser@townofchelmsford.us](mailto:aglaser@townofchelmsford.us)

**Dracut—Dave Ouellette**  
[douellette@dracutma.gov](mailto:douellette@dracutma.gov)

**Lowell—Lainnie Emond**  
[lemond@lowellma.gov](mailto:lemond@lowellma.gov)

**Tewksbury—Maria Ruggiero**  
978-382-4989  
[mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)

**Tyngsborough—Shaun Woods**  
[swoods@tyngsboroughma.gov](mailto:swoods@tyngsboroughma.gov)

**Westford—Jeff Stephens**  
[jstephens@westfordma.gov](mailto:jstephens@westfordma.gov)

**Wilmington—Samantha Reif**  
978-447-2296  
[sreif@wpd.org](mailto:sreif@wpd.org)

## Get The Facts!

We are hoping providing easy to understand facts will help everyone to make healthier choices when it comes to finding ways to cope with “our new normal”. Knowledge is power!



## National Institute on Drug Abuse (NIDA)

[https://www.drugabuse.gov/?utm\\_source=ndafweblast&utm\\_medium=email&utm\\_content=nf&utm\\_term=NPnp&utm\\_campaign=ndafw-NDAFW2021](https://www.drugabuse.gov/?utm_source=ndafweblast&utm_medium=email&utm_content=nf&utm_term=NPnp&utm_campaign=ndafw-NDAFW2021)

NIDA is the lead federal agency supporting scientific research on drug use and its consequences. The mission of the National Institute on Drug Abuse (NIDA) is to advance science on the causes and consequences of drug use (including nicotine) and addiction and to apply that knowledge to improve individual and public health. Visit the link to view a variety of facts.

## NIDA for Teens!

<https://teens.drugabuse.gov/teens/drug-facts>

Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more created specifically for teens to work and play on their own.

## NIDA for Parents!

<https://teens.drugabuse.gov/parents>

Get information to help you talk with your teens about drugs and their effects, and learn where to go to get help.



## SAMSHA AlcoholFX Mobile App

[https://store.samhsa.gov/product/alcoholfx?fbclid=IwAR3mf3goWAXXqUCWwbE4xuQKS7GTzkOMIBX\\_AC8sEyo9eMEnFJTKWa7Ow84](https://store.samhsa.gov/product/alcoholfx?fbclid=IwAR3mf3goWAXXqUCWwbE4xuQKS7GTzkOMIBX_AC8sEyo9eMEnFJTKWa7Ow84)

Alcohol's Effects on the Brain (AlcoholFX) is a free, science-based app that teaches students ages 10 to 12 how alcohol can harm their brains if they drink. Based on lesson plans from *SAMHSA's Reach Out Now Initiative*, the app can easily integrate with instruction in 5th- and 6th-grade classrooms. This app is only available on tablets.

## Recognizing and Treating Child Traumatic Stress

<https://www.samhsa.gov/child-trauma/recognizing-and-treating-child-traumatic-stress#signs>

Learn about the signs of traumatic stress, its impact on children, treatment options, and how families and caregivers can help.

## Do you or someone you know need help or support?

Reach out to one of us confidentially to determine the most effective services available to you.

**Wilmington**—Samantha Reif at 978-447-2296 or [sreif@wpd.org](mailto:sreif@wpd.org)

**Tewksbury/Westford**—Maria Ruggiero at 978-382-4989 or [mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)

**Billerica/Chelmsford/Dracut/Tyngsborough**—Matt Page-Shelton at 978- 215-9642 or [mpage-shelton@tewksbury-ma.gov](mailto:mpage-shelton@tewksbury-ma.gov)

**Lowell**—Lainnie Emond 978-674-1065 or [lemond@lowellma.gov](mailto:lemond@lowellma.gov)