

Substance Abuse Prevention Collaborative

April 18, 2020

Hello everyone, we are here to support you in any way we can during these challenging times. This newsletter is designed to provide your family with a variety of educational links, activities, and resources on overall wellness and substance abuse, on a weekly basis. Welcome to Week 4!

Dan Siegel – “The Adolescent Brain”

<https://www.youtube.com/watch?v=0O1u50Ec5eY>

Presented by “Random Acts of Kindness” a nonprofit organization, the video is a unique way looking at the adolescent brain and the importance of, at the very least, delaying the use of alcohol while the amazing brain is forming. For parents and youth alike. For more information visit:

<https://www.randomactsofkindness.org/>

Coping with COVID-19 & Beyond

<https://www.facebook.com/thenanproject/>



The NAN Project promotes awareness and acknowledgement of depression and suicidality within communities, schools, and families while ensuring access to appropriate supports for young people whom are struggling. Using a peer-to-peer model, the NAN Project provides a comprehensive process for delivering education and prevention to parents, youth, and gatekeepers and has a weekly teen peer meeting.

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

Chelmsford—Amanda Glaser
aglaser@townofchelmsford.us

Dracut—Dave Ouellette
douellette@dracutma.gov

Lowell—Lainnie Emond
lemond@lowellma.gov

Tewksbury—Maria Ruggiero
978-382-4989
mruggiero@tewksbury-ma.gov

Tyngsborough—Shaun Woods
swoods@tyngsboroughma.gov

Westford—Jeff Stephens
jstephens@westfordma.gov

Wilmington—Samantha Reif
978-447-2296
sreif@wpd.org

Community Partner Spotlights

Learn to Cope – Begun in 2004 to address opioid addiction, a peer-led support group network for families dealing with addiction and recovery. For a list of on-line meetings and immediate support contact Kathy Day at 508-245-1050 or kday@learn2cope.org. Calls are confidential and provided by people who have been exactly where you may find yourself now. You are not alone!

The Frontline Initiative – A collaboration between the communities of Billerica, Chelmsford, Dracut, Tewksbury, and Tyngsborough providing mental health and substance abuse service including: Telatherapy, peer recovery coaching, individual and group services, access to crisis care, case management, and recovery services including detox placement. Contact us at 978-455-3397 or visit us at <https://www.facebook.com/FrontLinePMHC/>

Wilmington Substance Abuse Coalition (WSAC)– The mission of the WSAC is to address the rising problem of substance abuse in our community by providing prevention, education, and support, as an effort to promote healthy and responsible behavior and provide skills for better decision making as it relates to substance use. The focus of WSAC is to work with the community and other partners to deliver strategies related to use. Mental health supports are available for related or unrelated reasons to substance use. Peer Recovery Coach is available to work alongside individuals in any stage of what they define as recovery Call 978-447-2296

Lowell CO-OP – Based out of the Lowell Health Department has the following message: “During this COVID-19 public health crisis, the Lowell CO-OP is continuing to work with clients and their loved ones to meet their immediate needs and long-term goals. Although the Lowell CO-OP is not currently engaging in community outreach, they are committed to preventing opioid overdose and helping clients access services by phone until we return to the community.” Contact 978-631-7240.

Community Online Resources

Staying Connected

Tewksbury CARES Facebook

https://www.facebook.com/TewksburyCARES/?ref=py_c

Wilmington Substance Abuse Coalition

<https://www.facebook.com/WSAC01887/>

Lowell General Hospital Well Connected

<https://www.lowellgeneral.org/news-and-media/news/wellconnected-website-helps-share-local-community-resources>

Drug Free Greater Lowell

<https://drugfreegreaterlowell.org/>

Greater Lowell Health Alliance—for virtual meeting links please contact us

<https://www.greaterlowellhealthalliance.org/>

Crisis Call, Chat & Text Services

<http://namimass.org/wp-content/uploads/crisisservices.phf>

Emergency Service Programs (ESP) by Area

<https://namimass.org/wp-content/uploads/esps.pdf>

Next Week Look For:

Stay tuned for future topics on how to cope with Coronavirus, social isolation, and dual-diagnosis.

We will be hosting upcoming virtual speaking events. Interested in a specific, topic let us know!

- Maria (Tewksbury): 978-382-4989
- Samantha (Wilmington): 978-447-2296