

Substance Abuse Prevention Collaborative

May 8, 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 7!

Reducing Stigma: COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma.html>

It is important during uncertainty that as a society and culture we work at encouraging people and supporting individuals diagnosed with COVID19 rather than stigmatizing them, shaming them, or labeling them into a box. Individuals experiencing high stigma are persons of Asian descent, people whom have traveled, and front-line workers; "Stigma affects the emotional or mental health of stigmatized groups and the communities they live in. Stopping stigma is important to making communities and community members resilient." Everyone must play their part by reducing stigma, increasing real facts, and loving their loved ones and strangers.

Mental Health Month

<https://www.mhanational.org/mental-health-month>

May is Mental Health Awareness Month, over the course of this month we will share special education, tips, and strategies to work on personal mental health and empathy for others. This week we want to challenge you to find the positives and focus on them – take time to appreciate that your family can finally have those nightly family dinners, or that you can actually enjoy your morning cup of coffee, maybe it's that you're still able to work so that you can afford your basic needs, or maybe it's getting to be home to see your child experience a "first" whatever it is, take some extra time to see the small things which can bring a smile and moment of joy.

Be Kind to Your Mind

Tips to cope with stress during COVID-19



- 1 **PAUSE.** Breathe. Notice how you feel
- 2 **TAKE BREAKS** from COVID-19 content
- 3 **MAKE TIME** to sleep and exercise
- 4 **REACH OUT** and stay connected
- 5 **SEEK HELP** if overwhelmed or unsafe

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
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Social Distancing: Age 0-3

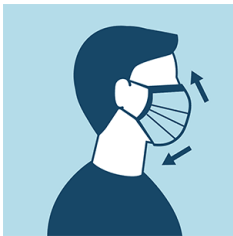
<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus#chapter-2444>



Zero to Three provides resources to families with children 3 and under, promoting that *early connections last a life time*. With COVID19, they have put together resources for caregivers to ensure children still progress through these critical developmental stages. Zero to Three provides resources on how to set limits, how to talk about topics (such as: masks, grief and death, and why children can't go to school or see their grandparents), and transitioning back to child care.

Create Your Own Mask

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



We can help each other by wearing a mask as required by health care professionals and the State of Massachusetts. Everyone wearing a mask will help us to begin planning to get back to some form of a new normal. The CDC has updated information, mask safety rules and easy ways to create our own masks! Whether you sew or not these are easy, affordable (using whatever we have already at home) and can be a fun kid friendly activity!

Co-Occurring Conditions and COVID-19

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

Keeping an eye on our own and our youths mental health and substance use during these uncertain times is a valuable step to a healthy lifestyle and future. Take a moment to learn more about how mental health and substance misuse work together and how we can take steps to keep ourselves and the ones we love healthier.



Prescription Medication Safety

<https://takebackday.dea.gov/>

With everyone home and unwanted medication disposal put on hold, it is critical to keep your medications safe!

- Keep a written inventory of your medications. A check list to track each pill taken. With days blending into each other it is also a method for us to keep our medications on tack too!
- Lock up your medications



Next Week Look For:

Resources to help you and your family deal with grief of lost loved ones and the desire to be normalized.

Do you have a topic you would like to hear about? Let us know!

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