

# Prevention Professionals of Northern Middlesex



November 25, 2020

Happy Thanksgiving! Welcome to a special early addition of the newsletter with resources during this holiday!  
Visit us on social media Facebook at @MAPPNM  
We wish you a safe and happy holiday.

## Holiday Resource from Shatterproof!

[https://www.shatterproof.org/blog/holidays-are-coming-here-are-some-resources-help-you-cope?utm\\_source=HousefileOpt-Ins&utm\\_medium=email&utm\\_name=NewsletterNovember2020&utm\\_term=news111920&referrer=news111920](https://www.shatterproof.org/blog/holidays-are-coming-here-are-some-resources-help-you-cope?utm_source=HousefileOpt-Ins&utm_medium=email&utm_name=NewsletterNovember2020&utm_term=news111920&referrer=news111920)

The holiday season is tough for people affected by addiction. This year it's looking even more so, as COVID-19 continues to keep us isolated from friends, family, and support systems. If you could use some help coping at this time of year, here are some helpful resources from Shatterproof!

## Standard Alcohol Drinks

<https://www.niaaa.nih.gov/alcohols-effects-health/overview-alcohol-consumption/what-standard-drink>

Many people are surprised to learn what counts as a drink. The amount of liquid in your glass, can, or bottle does not necessarily match up to how much alcohol is actually in your drink. Different types of beer, wine, or malt liquor can have very different amounts of alcohol content. For example, many light beers have almost as much alcohol as regular beer – about 85% as much.

## The Phoenix

<https://thephoenix.org/>

The Phoenix fosters a supportive, physically active community for people recovering from a substance use disorder and those who choose to live a sober life. Join a movement where together we are stronger. The cost of membership is 48 hours of sobriety. That's it.

The Lowell group has a Facebook page at  
<https://www.facebook.com/ThePhoenixLowell/>

## WHO ARE WE?

PPNM is a coalition of eight communities working together to bring awareness to substance abuse prevention. Members include law enforcement, emergency responders, public health and a variety of substance abuse and mental health professionals.

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—Maria Ruggiero**  
[mruggiero@teWKsbury-ma.gov](mailto:mruggiero@teWKsbury-ma.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)

## Smart Recovery

<https://www.smartrecovery.org/holidays-challenges-to-addiction-recovery/>

Their goal is to empower people to achieve independence from addiction problems with a science-based 4-Point Program. Visit the web page to get more information and see what it is all about.

## Alcoholics Anonymous Online!

<https://aa-intergroup.org/>

A confidential fellowship from anywhere! A variety of resources are available during this holiday and beyond.

## Learn To Cope

<https://www.learn2cope.org/>

Learn to Cope is a non-profit support network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs.

Founded by Joanne Peterson in 2004, the organization has grown to include over 10,000 members, and has become a nationally recognized model for peer support and prevention programming.

## Mental Health America Online!

<https://www.mhanational.org/blog/looking-support-during-holidays-check-out-these-free-resources>

The holiday season can be a time of joy, community, and connection, but many people experience an increased sense of loneliness and isolation during this time of year. Whether it is in a crowded room or at home by yourself, loneliness is painful. While you might want to reach out to friends, family, and loved ones, sometimes it feels better to talk to someone with shared experiences or someone you don't even know. Below are some free resources for extra support and connection this season and all year round:

## Managing Your Mental Health During the Holidays!

<https://www.nami.org/Blogs/NAMI-Blog/December-2017/Managing-Your-Mental-Health-During-the-Holidays>

During the holiday season, many look forward to festivities with friends and family. But for others, this time can bring on or worsen stress, anxiety and depression.

### Surviving painful holiday emotions

<https://www.nami.org/Blogs/NAMI-Blog/November-2020/Surviving-Painful-Holiday-Emotions>

### November 2020 blog

<https://www.nami.org/Blogs/NAMI-Blog/November-2020>

## Need Narcan?

Narcan can temporarily reverse an opioid overdose giving the opportunity to reach **medical** help. We provide training and free Narcan. Contact Maria Ruggiero at [mruiggiero@tewksbury-ma.gov](mailto:mruiggiero@tewksbury-ma.gov)  
Cell 978-382-4989

