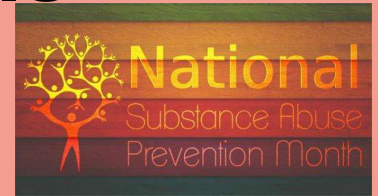


Prevention Professionals of Northern Middlesex



October 9, 2020

October is National Substance Abuse Prevention Month and we are here with a variety of resources for you from prevention to harm reduction. Check out our new FaceBook Page @MAPPNM and visit the Drug Free Greater Lowell Web page for more resources and links.

<https://drugfreegreaterlowell.org/virtual-learning/>

Did You Know?

<https://www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child>

Research shows that children as young as 9 years old already start viewing alcohol in a positive way. Talking with your kids about underage drinking and substance use can help keep them safe. Keep up with "Talk. They Hear You." this National Substance Abuse Prevention Month for more reasons to talk. Start young and help them understand the importance of waiting until they are older.



SAMHSA
Substance Abuse and Mental Health
Services Administration

How to Tell if Your Child is Drinking Alcohol!

<https://www.samhsa.gov/underage-drinking/parent-resources/how-tell-if-your-child-drinking-alcohol>

Warning Signs—What is the difference between normal growing pains and alcohol abuse? Experts believe that a drinking problem is more likely if you notice several of these signs at the same time, if they occur suddenly, or if some of them are extreme in nature. Take a moment to learn the signs and start the conversation.

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

Chelmsford—Amanda Glaser
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Dracut—Maria Ruggiero
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Westford—Jeff Stephens
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What About Alcohol and Drug Abuse in College?

<https://teens.drugabuse.gov/blog/post/why-and-how-resist-drug-use-college>

Your teens may have avoided the pressure of drug use in high school, but college presents new challenges. This 2019 blog post will help you understand the differences and give them some resources to help stand up to the pressure.



Resources for Families Coping with Mental and Substance Use Disorders.

https://www.samhsa.gov/families?fbclid=IwAR1JBjffINleGi0CTatBETNtiqa_tHsLyGWxZPWyZDuqrI4w9kzxJhSfRI

Every family is unique, but all families share a bond that can be used to support one another during trying times. While there is no one-size-fits-all solution for helping a family member who is drinking too much, using drugs, or dealing with a mental illness, research shows that family support can play a major role in helping a loved one with mental and substance use disorders.

State Estimates Of Underage Alcohol Use And Self-Purchase Of Alcohol: 2008 To 2010

<https://www.samhsa.gov/data/report/nsduh-report-state-estimates-underage-alcohol-use-and-self-purchase-alcohol-2008-2010>

This short report uses 2008 to 2010 National Survey on Drug Use and Health (NSDUH) to assess past month alcohol use among those under the legal drinking age (12 to 20) and whether those underage drinkers self-purchased the alcohol. Results are shown by State.



SAMHSA
Substance Abuse and Mental Health
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Marijuana IQ Test!

<https://www.samhsa.gov/marijuana-quiz>

How much do you really know about the effects and risks of marijuana? You might be surprised. Take the quiz and test your marijuana IQ.

Know the Risks of Meth!

<https://www.samhsa.gov/meth> Methamphetamine (meth) is a powerful, highly addictive drug that causes devastating health effects, and sometimes death, even on the first try. Meth is easy to get addicted to and hard to recover from.

THE **TREVOR** PROJECT
Saving Young LGBTQ Lives

The Trevor Project!

<https://www.thetrevorproject.org/about/>

This national foundation, founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Take a moment and look at the national survey data.

https://www.thetrevorproject.org/?fbclid=IwAR2heqkXhJhmrWOC6elwhVdiqZqCECESTy5YRaQ0G89JuXJILdi0j_wrShI