

Prevention Professionals of Northern Middlesex



September 18, 2020

September is National Recovery as well as National Suicide Prevention Month. We will spotlight both for the month of September. We wish to celebrate people who have found their path to recovery, and to bring awareness to people who continue to struggle. Recovery is possible!

Stories of HOPE! <https://helplinema.org/stories/>

These are the stories of real people in Massachusetts who share their journey into recovery and testify to the life-saving impact that the Helpline can have in connecting people with the treatment and resources they need. The Massachusetts Substance Use Helpline showcases Christian, Stella, Maria and Dan and the work they do every day to support recovery. Hope is here 978-327-5050



Social Distancing and Implications for Active Recovery from Addiction.

<https://helplinema.org/2020/03/27/social-distancing-and-implications-for-active-recovery-from-addiction/>

The COVID-19 pandemic has initiated drastic public response, including calls for social distancing and self-quarantine for those who may be ill. For most, these steps are an inconvenience. But for our most vulnerable, social distancing can spell trouble.

Living Recovery: True Stories of Addiction Recovery.

<https://recoverycentersofamerica.com/blogs/living-recovery-true-stories-of-addiction-recovery/>



Recovery Centers of America

Behind substance use disorder is people with real stories of struggle and triumph. Drug and alcohol addiction stories are usually shadowed by short, faceless segments on the news. But there's a deeper, human element in each story that is too often untold. All who have been caught in the grips of addiction and all who continue to live in recovery, helping and inspiring others along the way.

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
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Chelmsford—Amanda Glaser
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Supporting Your Child's Mental Health as They Return to School.

https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return?utm_content=133101682&utm_medium=social&utm_source=facebook&hss_channel=fbp-406249236574891&fbclid=IwAR1KxspE1gjpHEWINUbdNthIPpG4KbHTpr-bq2W27t0-eZ5XSD7BkEDP-vM



The coronavirus outbreak has caused major disruptions to daily life and children are feeling these changes deeply. While the return to school will be not only welcome but exciting for many students, others will be feeling anxious or frightened. Here are tips to help your children navigate some of the complicated emotions they may be facing with going back to school.

Words Matter!

https://www.drugabuse.gov/drug-topics/addiction-science/words-matter-preferred-language-talking-about-addiction?utm_source=facebook&utm_medium=social&utm_campaign=MTV_202000915

Addiction is a chronic but treatable medical condition. Often unintentionally, many people still talk about addiction in ways that are stigmatizing—meaning they use words that can portray someone with a substance use disorder (SUD) in a shameful or negative way and may prevent them from seeking treatment.



NIDA's Mind Matters Series

https://teens.drugabuse.gov/teachers/mind-matters?utm_source=ndafwebblast&utm_medium=email&utm_content=nf&utm_term=NPnp&utm_campaign=ndafw-NDAFW2021

The Mind Matters series is a valued resource for tens of thousands of teachers. Each booklet is devoted to a specific drug or drug group. Hard copies of the booklets in English can be ordered for free and both English and Spanish booklets are available online as printable PDFs. The accompanying Teacher's Guide, which includes background information and activities to enhance students' learning, is available online in a printable PDF format.

The Sound of Your Voice!

<https://www.youtube.com/watch?v=IXOVzTpiDrA&feature=youtu.be&fbclid=IwAR1pBCvInxBSxoE8IXuEqHjnP3yxlSrJDdDI5gPFuEV7dutTZ19W6lxFZY>

SAMHSA encourages parents to talk with their college-bound young adults about alcohol use. If you are a parent, a high school or college administrator, or an organization serving parents and teens, please download these free materials and share them with other caring adults. Visit <http://www.samhsa.gov/underage-drinki...> to learn more.

Substance Use Disorders (SUD) Linked to COVID 19.

https://www.drugabuse.gov/news-events/news-releases/2020/09/substance-use-disorders-linked-to-covid-19-susceptibility?utm_source=facebook&utm_medium=social&utm_campaign=pr_20200914

A National Institutes of Health-funded study found that people with substance use disorders (SUDs) are more susceptible to COVID-19 and its complications.

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 mruggiero@tewksbury-ma.gov Cell 978-382-4989

