

WSAC Wilmington Substance Abuse Coalition

Prevention, Education, Support

The mission of the Wilmington Substance Abuse Coalition 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 the WSAC is to work with the community and other partners to deliver strategies and activities related to use.

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UPCOMING DATES & EVENTS

- **September 1-30:** DCF Donation Drive; Public Safety Building, Town Hall, local churches, schools, Senior Center, Veterans Office
- **September 17, 7pm:** 3rd Annual Vigil; Town Common
- **September 19, 6pm:** Dinner and Dialogue on Social Media Impacts on our Youth; Wilmington Panera
- **October 2, 8:30am:** How to Recognize Substance Abuse in the Workplace; WPD
- **October 2, 7pm:** Anxiety and Youth Series Part 1; WHS Large Group Instruction Room
- **October 23, 7pm:** Anxiety and Youth Series Part 2; WHS Large Group Instruction Room

OFFICIAL NEW COALITION LOGO BY WHS STUDENT

Andy Lee, a junior at Wilmington High School designed the winning logo which will now brand the Wilmington Substance Abuse Coalition. During the 2017-2018 school year the Coalition partnered with the Graphic Arts Department at the High School to run a contest to establish an official logo to represent the efforts and mission of the Coalition. With over sixty submissions, there were ten finalists and the Town of Wilmington voted to select Lee's as the winner, deciding his most accurately portrayed the themes of prevention, education, and support.

This was Lee's first logo contest, but remarked he was excited to win and have his be how the Coalition is recognized.



From left to right: Mrs. Jennifer Fidler (WHS Graphic Arts Teacher), Shelly Newhouse (Board of Health Director, WSAC Member), Andy Lee (WHS Student), Samantha Reif (WPD Health & Recovery Coordinator, WSAC Member), Linda Peters (WHS Principle), Doreen Crowe (Director of Nursing Services, WSAC Member)

SEPTEMBER: NATIONAL RECOVERY MONTH

September is National Recovery Month which is observed yearly to educate Americans that substance use treatment and mental health services can enable those with a mental health and/or substance use disorder to live a healthy and rewarding life. It is a month to celebrate the gains made by those in recovery.

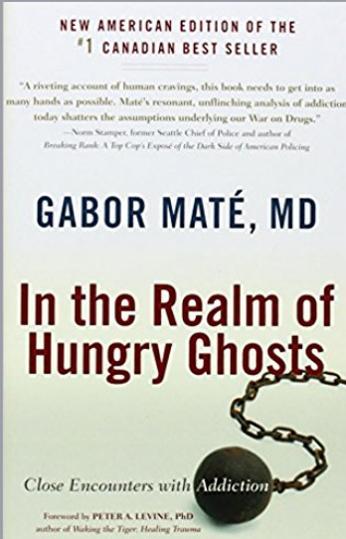
Throughout September the Wilmington Substance Abuse Coalition will host different events to raise awareness, open dialogue, and share resources for you or your loved one.

- Donation Drive (September 1-30): DCF involved adolescents impacted by guardians with mental health/substance abuse; drop-off locations include Town Hall, Public Safety Building, local churches, and schools.
- 3rd Annual Vigil (September 17, 7pm, Town Common): Night of remembrance and community around those we have lost to addiction
- How to Recognize Substance Abuse in the Workplace (October 2, 8:30-9:30am, Wilmington Public Safety Building): Wilmington/Tewksbury Chamber of Commerce will host a morning event to better understand recognizing warning signs
- Anxiety in Youth (October 2 & 23, 7pm, WHS): Wilmington Public Schools and McLean's Hospital will host a two-part series about anxiety followed by a meet and greet of local service providers

Together, we reinforce the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

The information contained in this newsletter does not replace the need for psychiatric, medical, or addiction care or advise of a physician.

SUGGESTED READING, BOOK REVIEW



Whether you are interested in reading in order to better understand or to be able to connect and not feel alone, these are some recommendations from WSAC which will give you fruitful insights, scaring truths, and psychological information about substance use and mental health.

IN THE REALM OF HUNGRY GHOSTS

Gabor Mate, M.D. writes off of his experiences from working in Vancouver's

Not all addictions are rooted in abuse or trauma, but I do believe they can all be traced to painful experience.
Gabor Mate, M.D.

BEAUTIFUL BOY

David Sheff shares his personal and raw stories of having a son addicted to methamphetamine. By describing his lived pains and challenges, Sheff writes in an empathetic and real light, which any parent or loved on of someone tied in addiction could relate to.

DREAM LAND

Sam Quinones has been awarded multiple accolades, awards, and notifications for his book *Dream Land*, which tells the devastating story of Portsmouth, Ohio's encounters with the prescription medication influx in the 1990s.

CLEAN

David Sheff writes again about drug addiction and it's relationship to the brain function. He provides a guide of sorts to addiction and how it can be related t behavioral decisions.

CHASING THE SCREAM

Johann Hari, a presenter of a TED talk in relationship to his book, speaks and writes about his personal journey of uncovering addictions history, seeking out answers to his confusion of what causes addiction and what solves it, and how different countries use prevention and respond to wars of drugs and addiction.

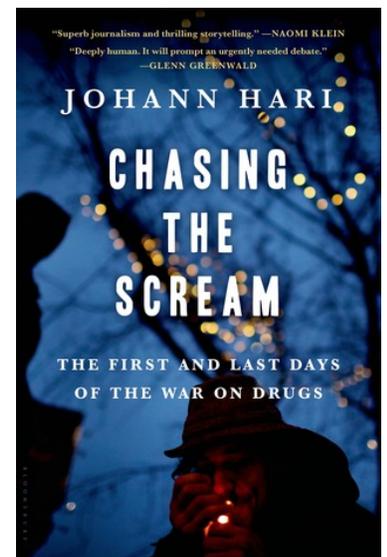
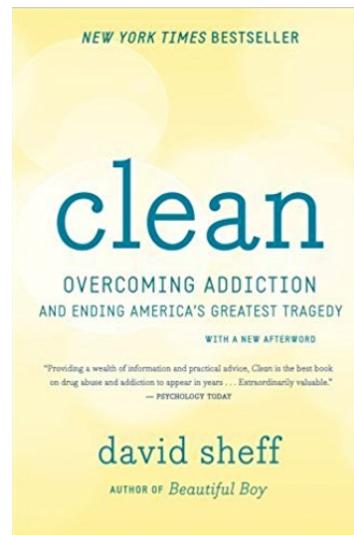
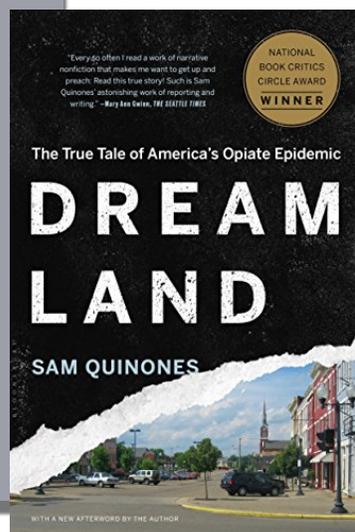
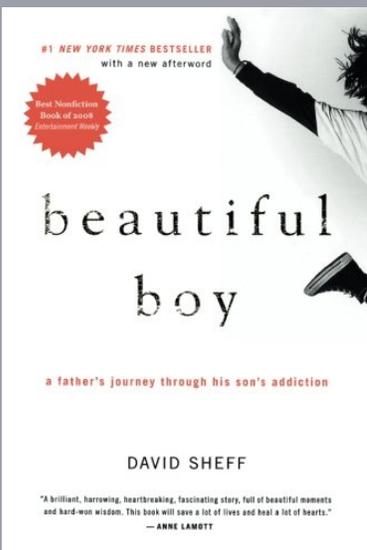
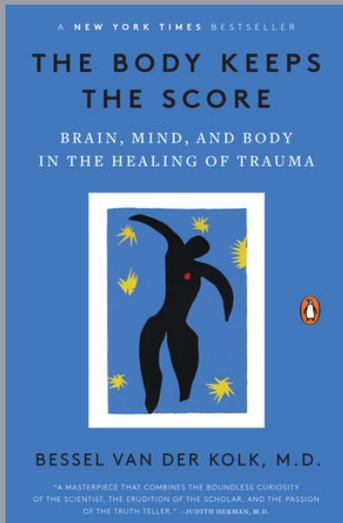
The opposite of addiction isn't sobriety. It's connection.
Johann Hari

skid row and doctoral background. He clearly presents real stories along with a sociological perspectives and advocates for the complexities and interwoven dynamics of addiction for an individual and group.

THE BODY KEEPS THE SCORE

Bessel Van Kolk, M.D. describes trauma in a real, authentic, and understandable fashion which allows the reader to connect and learn about how trauma has and/or could affect them, and what to do after experiencing a trauma. Dr. Van Kolk is one of the foremost experts in trauma.

Caring about an addict is as complex and fraught and debilitating as addiction itself.
David Sheff



COMMUNITY QUESTION DISCUSSION

Q: What is a JUUL? It's the most discreet vape pen.

A:

The JUUL looks nothing like a vape device, but rather a small USB flash drive. A JUUL can be easily charged when plugged into any laptop. Kids can discreetly use it in school and get addicted fast. Because the smoke isn't as noticeable as regular cigarettes, teens can take a draw from their Juul and put it in their pocket



without the teacher seeing it. Forget about running to the restroom, you can puff on it right in class. JUUL's still contain nicotine and you puff and vape to get an instant nicotine buzz or head rush. The JUUL is booming in

popularity among teenagers. It can be hidden in plain sight and comes in flavors like Crème Brulee and mango; kid friendly flavors and they smell just like that too. JUUL's account for half of the e-cigarette market. Remember, the younger you introduce chemicals into your brain, a drug, nicotine, heroin, alcohol, the more likely you are to become addicted to that substance in the future. Each JUUL pod is equal to 200 cigarette puffs. That's like smoking a pack a day. In Wilmington you have to be 21 years of age to purchase these. So it begs the question, how are these kids getting them? Online purchases, parents are purchasing them, other adults are purchasing them. JUUL's are not regulated by the FDA.

Have a question related to substance abuse and mental health?
Email them to sreif@wpd.org

BANYAN TREATMENT CENTER

The success at Banyan Treatment Center Massachusetts is primarily predicated on the atmosphere the staff here provides. The therapeutic value of our peer to peer, experienced based philosophy is really special. The staff here have been handpicked by Matt Ganem himself, and have a tremendous amount of life experience that they are always willing to share with the clients. This can be seen happening from our Executive Director all the way down to our Behavioral Health Technicians. Every staff member is fully invested in the successful recovery of all our clients. The family atmosphere here at Banyan sets the tone for growth, and love. Our staff goes above and beyond the call of duty, fielding calls at all hours participating in the client's recovery even past their discharge from the program. The relationships our alumni build with us are forever. Some misconceptions the public might have about Banyan are that since we are a private insurance/private pay treatment center we are excluding less fortunate addicts from receiving help from us. That is not the case we do give out scholarships when available to those in need in the community. Almost 10% of our census is here completely free of charge. Banyan is also very active in the recovery community of Massachusetts participating in and donating to dozens of events throughout the year. We are dedicating to breaking the stigma linked to drug addiction, and we are in total belief that a recovering addict is capable of achieving amazing things.



RESOURCE SPOTLIGHT

Our mission is your recovery. Banyan Treatment Center in Massachusetts stands as a leader in providing growth through recovery by offering our clients multiple levels of care. We believe that each and every client has unique needs that is why we take pride in being able to offer our clients a truly customized treatment program. As a client enters treatment, we do a full assessment and from there an individualized custom treatment plan is established. We recognize that although each patient is facing the same adversities they are all unique. We find our approach to treating substance use disorder more effective by taking a less cookie cutter approach at treatment, and allowing the clients to embrace their individuality.

Make the Right Call & Good Samaritan Law

Naloxone (Narcan) is available at most pharmacies, call in advance to double check supply and availability.

Naloxone only counteracts the affects of opioids (ie: heroin, codeine, fentanyl, hydrocodone, hydromorphone, norphine, oxycodone)

If someone is overdosing:

1. Call 9-1-1 immediately (Good Samaritan Law protects you and the individual in relationship to other paraphernalia found on scene)
2. Rescue breathing or mouth-to-mouth resuscitation
3. Administer Naloxone (if available); if no response after 3-5 minutes, administer dose two
4. Continue rescue breathing to ensure individual is getting oxygen until help arrives

Signs of an Overdose: slow and shallow, or no breathing; very sleepy or unconscious; blue/grayish skin color, dark lips and fingernails; snoring or gurgling sounds. See "Get the SKOOP"

DRUG TAKE BACK KIOSK & SHARPS DISPOSAL



MEDICINE KIOSK: Dispose of medicine in the original container into the kiosk (blackout name/Rx number) or bring the medicine in a clear plastic re-closeable bag. No medication from businesses or clinics will be accepted. No liquids.

Collected:

- Prescription Medicines
- Over the Counter Medicines
- Pet Medicines
- Pills, capsules, inhalers, ointments, and/or patches
- Vitamins

Expired/unused medications and sharps can be dropped off, free of charge, no questions asked:

PUBLIC SAFETY BUILDING
1 ADELAIDE STREET, WILMINGTON

SHARPS DISPOSAL KIOSK: Only up to 1.7 quart approved sharps containers are accepted here.

- Limited to "home" sharps waste generated by Wilmington Residents only; no disposal for any person providing professional services in residence
- Store used sharps properly until ready for disposal, do not place used or unused sharps in your household trash/recycling
- Always use an approved sharps container preferably a one-quart or smaller, filled no higher than the full line
- No loose sharps, no glass, plastic, or paper bags containing sharps
- Epi-Pens are accepted

AA MEETINGS

<http://www.aaboston.org/>

All meetings at United Methodist Church Wilmington

Tuesdays @ 8:00pm

Wednesdays @ Noon & 7:30pm

Fridays @ 7:30pm

Saturdays @ 10:00am

NA MEETINGS

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

Sundays @ 6:30pm

Tewksbury Hosp. Old Chapel

Tuesdays @ 7:00pm

Church of Christ Burlington

Wednesdays @ 7:00pm

United Methodist Church Woburn

Thursdays @ 7:00pm

St. Mary's Church Billerica

Saturdays @ 7:00pm

United Methodist Church Woburn

LEARN2COPE

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

Tuesdays @ 7:00pm

Tewksbury High School

FAMILIES ANONYMOUS

<http://www.familiesanonymous.org/>

Thursdays @ 7:00pm

United Methodist Church
Wilmington

AL-ANON

<https://al-anon.org/>

Saturday @ 12:00pm

United Methodist Church
Wilmington

ALATEEN

<https://al-anon.org/>

Tuesdays @ 7:00pm

Tewksbury High School

ROOTS COALITION

[RAISING OUR OWN TO BE STRONG](http://www.rootscoalition.org)

<http://www.rootscoalition.org>

SEPTEMBER DCF DONATION DRIVE

Throughout the month of September, the Wilmington Substance Abuse Coalition, in partnership with the Brady's Foundation will be accepting donations for children and teens impacted by parent/guardian substance abuse and/or mental health. Together, WSAC and Brady's Foundation are looking for the following donations:

- Cleaning supplies
- Soap
- Toilet paper
- Laundry detergent
- Trash bags
- Gloves
- PJ (any age group)
- Baby diapers (any size)
- Baby wipes
- Leisure wear for teens (any size)
- Sheets
- Blankets

Donations will be given directly to Department of Children and Families (DCF) Cambridge, which serves the Town of Wilmington. The donations will help make a transition to a new home a bit easier for youth who will be able to have a bar of soap to wash or a clean pair of pajamas to put on for bed. Donation drop boxes can be found throughout town at: Public Safety Department, Town Hall, Library, MS/HS, Senior Center, Veterans Office, and Local Churches.