

# RSAC

## Barnstable County Regional Substance Use Council



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**HAVE AN**

Greetings!

**\*CORRECTED LINKS** to December RSAC Newsletter - In our newsletter sent out on December 5, 2018, there were two broken links. Those links have been corrected.

### SPOTLIGHT



**Barnstable County Department of Human Services** provides a comprehensive Health and Human Services Directory on our [WEBSITE](#). Please consider sharing this helpful resource.

### NATIONAL NEWS

**How to Talk With Your Kids About Vaping Guide**

## ANNOUNCEMENT FOR

### OUR NEWSLETTER?

SUBMIT  
YOUR  
NEWS  
HERE



Get Involved

Next RSAC  
Meeting

RSAC  
Workgroups

More Info

### RSAC Information

Last published:  
[RSAC Newsletter](#)

Behavioral Health  
Information and  
Service Directory

SAMHSA

MassTAPP

Find Help



Emergency Hotlines

Support Groups

In This Issue

[Department News](#)

[How to Talk to Your Kids  
About Vaping](#)



Partnership for Drug-Free Kids provides a **How to Talk With Your Kids About Vaping [GUIDE]** [HERE](#).

### Beware of Holiday Drinking Dangers

Young and middle-aged adults often show up in the emergency room this time of year complaining of not feeling well, dizziness, shortness of breath, palpitations or chest pain.

The culprit can be a rapid fluttering of the heart's upper chambers - called atrial fibrillation or AFib, for short - caused by drinking too much alcohol. AFib over time can lead to stroke or death from heart failure. Read the full article [HERE](#).

### Indian Health Services Seeks to Boost Access to MAT

As the opioid epidemic continues to tear at the fiber of communities indiscriminately across the United States, American Indian and Alaska Native populations haven't been immune. Read the full article [HERE](#).

### SAMHSA Launches New Website

**SAMHSA** has announced the availability of a new website offering resources and information on the **opioid crisis**. The website offers a helpline phone number, stats, personal story videos, and resources for prevention, treatment and recovery. Learn more [HERE](#).

### CDC Releases New Report on Use of E-Cigarettes Among Middle and High School Students

[Beware of Holiday Drinking](#)

[Dangers](#)

[Indian Health Services Gets](#)

[A Boost](#)

[SAMHSA Launches New](#)

[Website](#)

[CDC Releases New Report](#)

[on E-Cigarette Use](#)

[MIAA Hosts Professional](#)

[Development Workshop](#)

[Series](#)

[Training For Addiction](#)

[Professionals](#)

[Outer Cape Health Services](#)

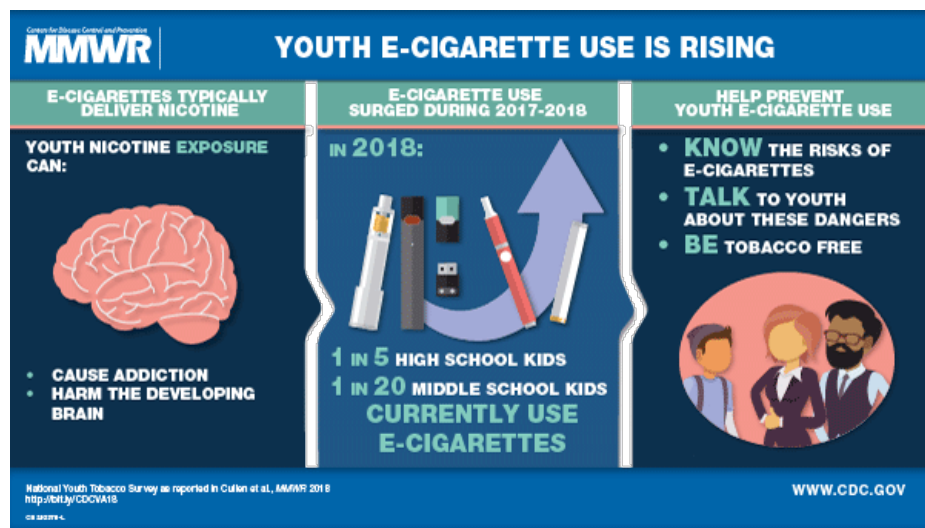
[New Health Center](#)

[Mass Substance Use](#)

[Helpline](#)

[Mashpee Substance Use](#)

[Task Force](#)



Read **Notes from the Field: Use of Electronic Cigarettes and Any Tobacco Product Among Middle and High School Students - United States, 2011-2018** [HERE](#).

Cullen KA, Ambrose BK, Gentzke AS, Apelberg BJ, Jamal A, King BA. MMWR Morb Mortal Wkly Rep 2018;67:1276-1277.

## STATE NEWS

### MIAA Hosts Professional Development Workshop Series

**Mindfulness and Student Engagement Workshop** | Wednesday, January 9, 2019

**Teen Wellness Workshop** \* *Students welcome* | Friday, February 8, 2019

**Faces of Addiction Workshop** | Friday, February 16, 2019

**Wellness Educator Showcase** | Friday, March 16, 2019

**Teen Sexuality & Healthy Relationships Workshop** | Friday, April 12, 2019

**Social Media Safety and Bullying Workshop** | Monday, May 13, 2019

All workshops are held 8:30 AM to 1:30 PM | **FEE:** \$40.00 per person

See the flyer [HERE](#).

## LOCAL NEWS

### Praxis Training for Massachusetts Addiction Professionals

**WHAT:** This training will focus on how to train communities/programs on opioid overdose prevention and connect them to pharmacies. Participants will be given the information and tools necessary to become trainers on opioid overdose prevention within their community. We expect that trainers make a commitment to conduct at least one training within six weeks of the TOT training and participate in future learning activities with their cohort, helping trainers remain current in their knowledge and continue to polish their training skills.

**WHEN:** Friday, January 18, 2019 | 9:00 AM - 4:00 PM

**WHERE:** Barnstable County Complex, Harborview Room, 3195 Main St., Barnstable.

**REGISTER:** [HERE](#).

Trainings are also available through the [AIDS Support Group of Cape](#)

## Outer Cape Health Services New Health Center Open in Harwich

Outer Cape Health Services held a ribbon cutting ceremony last Tuesday at the new community health center in Harwich, making a commitment to providing more all-inclusive healthcare. Read the full article [HERE](#).

## RESOURCES

### Massachusetts Substance Use Helpline



Services are available Monday through Friday from 8:00 AM - 10:00 PM and on Saturday and Sunday from 9:00 AM - 6:00 PM.

Language interpreters are always available. For online service and more information [CLICK HERE](#).

### Mashpee Substance Use Task Force Drop In Nights



**This drop-in event provides substance use information, education, and treatment resource options from local organizations. No RSVP required.**

**This is an opportunity for someone struggling with addiction to get immediate help along with family members and friends. The night is also open for the community at large to learn about the resources available. There is free Narcan training and light refreshments. This night is open to anyone.**

**The first Tuesday of the month  
4:00 PM - 7:00 PM  
Now at Mashpee Public Library  
64 Steeple Street, Mashpee, MA 02649**

(508) 375-6896.

