

IF YOU NEED HELP
PLEASE CALL THE
**RECOVERY
HELPLINE**

AT
211

OR

**TEXT
4HOPE
TO
741741**

WHAT CAN I DO ABOUT THIS PROBLEM?

Think about your home. What prescription and OTC drugs do you have? Where are they kept? Would you know if some were missing? The good news is that you can take steps immediately to limit access to these drugs and help keep your teen drug-free:

1. Safeguard all drugs at home. Monitor quantities and control access.
2. Set clear rules for teens about all drug use, including not sharing medicine and always following the medical provider's advice and dosages.
3. Be a good role model by following these same rules with your own medicines.
4. Properly dispose of unused/unneeded medications. Utilize the permanent medication collection boxes located at the Hancock County Sheriff's Office or the Findlay Police Department.
5. Ask friends and family to safeguard their prescription drugs as well.

Talk with your teen about the dangers of prescription and over-the-counter drugs. These are powerful drugs that, when misused, are just as dangerous as illegal street drugs. Let your teen know it is not worth the risk.



FOR MORE INFORMATION ABOUT
PREVENTION AND TREATMENT
RESOURCES PLEASE CONTACT THE
HANCOCK COUNTY ADAMHS BOARD
419-424-1985

438 Carnahan Avenue
Findlay, OH 45840

Phone: 419-424-1985
Fax: 419-424-2037

yourpathtohealth.org

PRESCRIPTION & OVER-THE- COUNTER DRUG MISUSE

PARENTS AND CAREGIVERS ARE
THE FIRST LINE OF DEFENSE

WHAT'S THE PROBLEM?

Teens are abusing some prescription and over-the-counter (OTC) drugs to get high. This includes:

PAINKILLERS, such as drugs prescribed after surgery. Brand names: **Vicodin, Tylenol with Codeine, OxyContin, Percocet.**

DEPRESSANTS, such as sleeping pills or anti-anxiety drugs. Brand names: **Klonopin, Soma, Valium, Xanax.**

STIMULANTS, such as those drugs prescribed for attention deficit hyperactivity disorder (ADHD). Brand names: **Adderall, Concerta, Dexedrine, Ritalin.**

OTCs, such as cough and cold remedies. Brand names: **Coricidin HBP Cough and Cold, Robitussin, Vicks Formula 44 Cough Relief.**

Prescription painkillers are very similar to HEROIN.

Evidence has shown that individuals who abuse prescription painkillers often turn to using HEROIN when they can no longer obtain prescription painkillers.

Did you know it is **ILLEGAL** to share any Prescription drug with another person?

Every day, 2,500 youth age 12-17 abuse a pain reliever for the very first time.

Drug screens that indicate use of a non-prescribed prescription drug may result in serious negative consequences.

More teens abuse prescription drugs than any illicit drug, except marijuana.

According to a national study completed by SAMHSA, an estimated 4.3 million people aged 12 or older reported nonmedical use of pain relievers in 2014.

Because these drugs are so readily available, and believed to be safe, teens who wouldn't otherwise touch illicit drugs might abuse prescription drugs. **Teens report that parental disapproval is a powerful way to keep them away from drugs.**



WHAT ARE THE DANGERS?

There are serious health risks!

- A single large dose of prescription or over-the-counter **painkillers** or **depressants** can cause breathing difficulty that can lead to death.
- Even in small doses, depressants and painkillers have subtle effects on motor skills, judgment, and ability to learn, which can increase the risk of injury.
- **Stimulant abuse** can lead to hostility or paranoia, or the potential for heart system failure or fatal seizures.
- The abuse of over-the-counter **cough** and **cold remedies** can cause blurred vision, nausea, vomiting, dizziness, coma, and even death.

Many teens report mixing prescription drugs, over-the-counter drugs, and alcohol. Using these drugs in combination can cause respiratory failure and death.

Many of these drugs can be addictive!

SAMHSA reported in 2014 that an estimated 1.3 million adolescents ages 12 to 17 had a substance use disorder. Teens who first abuse prescription drugs before age 16 also have greater risk of drug dependence later in life.

HOW CAN I TELL IF MY TEEN IS MISUSING THESE DRUGS



Some signs that your teen might be using prescription and/or over-the-counter drugs include:

- constricted pupils
- slurred speech
- flushed skin

Other signs and symptoms may vary, but parents should be alert to the following:

- personality changes
- mood swings
- irritability
- excessive energy
- sleepiness or avoiding sleep
- sweating
- loss of appetite
- forgetfulness
- clumsiness

Other signs might include:

- secretiveness
- loss of interest in personal appearance
- borrowing money
- having extra cash
- skipping classes
- not doing well in school

Watch for signs around the house such as: **missing pills, unfamiliar pills, or empty cough and cold medicine bottles or packages.** If your teen has a prescription, keep control of the bottle. Be alert to your teen **running out of pills quickly, losing pills, or requesting refills.**

IS MY TEEN AT RISK?

Prescription drug misuse in Hancock County

11% of Hancock County residents ages 18-25 who indicated misuse of prescription drugs, indicated they were 13 years-old when they began abusing prescription drugs.

The main reason for abusing prescription drugs reported by Hancock County residents ages 18-25 was to get high.

Where do Hancock County adolescents get prescription drugs?



Nationally, 70% of adolescents obtained prescription drugs from a friend or relative.

HELP US KEEP PRESCRIPTION DRUG AND OTC MEDICATION MISUSE OUT OF HANCOCK COUNTY SCHOOLS!

Source: Hancock County Community Health Assessment, 2011; HCPDATF Survey of 18-25 Year Olds in Hancock County, 2012