








# So, what exactly is prescription drug abuse?

-  Taking a medication that was not prescribed to you.
-  Purposefully taking the wrong dosage of a prescribed medication.
-  Taking a prescribed medication for something other than its intended purpose.

# Why should we care?

- The Drug Policy Alliance reports a 150 percent increase in accidental overdoses over an eight-year period in Texas.
- About 27% of teens perceive prescription drug abuse as more safe than using street drugs.





# Why should we care?

1 out of 6 of Texas teens reports having misused or abused a prescription drug in the past year. This is a 33% increase over the last 5 years.



# Rx Drug Lingo

- **Pharm parties** Parties where teens bring prescription drugs from home, mix them together into a big bowl (also called 'trail mix'), and grab a handful. Not surprisingly, pharm parties are usually arranged while parents are out.

# What are they using?

## Opiates (Painkillers)



OxyContin®



Percocet®



Vicodin®

## Sedatives & Tranquilizers



Ativan®



Valium®



Xanax®

## Stimulants



Adderall®



Ritalin®



Dexedrine®

## OTCs (Over-the-Counter)



Products containing dextromethorphan (a cough suppressant)

# Why are teens turning to prescription drugs?



To get high



To focus better (get better grades)







To fit in







# Why are teens turning to prescription drugs?

-  Over half of teens (56%) do not see a great risk in trying prescription pain relievers without a doctor's prescription.
-  They believe prescription drugs are safer than street drugs and not addictive.
-  Prescription drugs are much more difficult to detect than street drugs.
-  Prescription drugs are much easier to attain than street drugs.



# Where do they get them?

More than four in 10 teens (42 percent) who have misused or abused a prescription drug obtained it from their parent's medicine cabinet. Almost half (49 percent) of teens who misuse or abuse Rx medicines obtained them from a friend.



# How do they figure out what to do?



Teens visit **websites**, **chat rooms**, and **blogs** to obtain dosage information, identify pills, and learn about drug interactions and effects.



# What should you look for?

In Your Teen...



- Avoidance behaviors
- Decline in social activity
- Sudden lack of motivation and interest
- Depressed mood
- Unusual lack of hygiene
- Sudden change in behavior

# What should you look for?

Around the house...




● Missing pills

● Unfamiliar pills

● Empty cough and cold medicine bottles or packages



# What are the risks?





 Impairs motor skills, judgment, and the ability to learn

 Increases the risk of injury



# What are the risks?



-  Increase in blood pressure
-  Difficulty breathing
-  Brain and other organ damage
-  Seizures

# What are the risks?

- Addiction and physical dependence
- Accidental overdose and poisonings
- Death







# What are the risks?

- Legal Consequences (Fines and Jail Time)



# How You Can Help

● Communicate



● Empathize



● Educate and Intervene









# How You Can Help

## Provide Your Teens With an Escape Route

Suggest responses they could use to get out of tough situations.






-  “I don’t want to ruin my season and get in trouble with the coach.”
-  “I can’t, I have to drive home.”
-  “I can’t, I have something to do tomorrow.”
-  Or simply say, “No thanks.” and walk away.



# How You Can Help

## Safeguard Your Medications and Use Proper Disposal Techniques



-  Lock up your medicine cabinet.
-  Monitor the quantities of medications kept in your home.
-  Dispose of expired and unused medications.



# Proper Disposal Techniques



- DO NOT flush unused medications down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.






- Take advantage of any pharmaceutical take-back programs your community may offer.



# Proper Disposal Techniques

If you're throwing the medications in the trash, take further precautions.



-  Remove all personal or identifiable information from the containers.
-  Take the drugs out of their original container.
-  Mix them with an undesirable substance, such as coffee grounds or cat litter.
-  Place the mixture in a disposable container with a lid.
-  Dispose of your unused medications when you teen is away.



# If you suspect your child is abusing Rx drugs.

You aren't alone.



There are other parents in similar situations.



Team up with schools, the community, and other parents to help battle prescription drug abuse among your teens.










Take advantage of the numerous free sources of information on the topic.

Commit to making a difference and





# Resources You May Use

-  The Generation Rx Initiative  
<http://pharmacy.osu.edu/outreach/generation-rx/>
-  D.A.R.E. America  
[www.dare.com](http://www.dare.com)
-  Community Anti-Drug Coalitions of America  
[www.cadca.org](http://www.cadca.org)
-  National Institute on Drug Abuse  
[www.nida.nih.gov](http://www.nida.nih.gov)
-  Partnership for a Drug-Free America  
[www.drugfree.org](http://www.drugfree.org)
-  Substance Abuse and Mental Health Services  
Administration Center for Substance Abuse Treatment  
[www.samhsa.gov](http://www.samhsa.gov)
-  Your Family Doctors and Local Pharmacists



# Do You Have Any Questions?

Please feel free to contact the CISD Police Department K-9 Unit with any questions:

- Corporal Patrick Jolly/ K-9 Bronco  
-936.709.8930 ofc.  
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