

Where Did That Bottle Go?

Read more to find out what you can do if you think your child is abusing prescription drugs.



- Recent statistics show that 1 in 5 teens reported that they have abused prescription drugs to get high.
<http://www.justice.gov/usao/gan/programs/prescriptiondrugs.html>
- Nearly 1 in 12 high school seniors reported non-medical use of Vicodin; 1 in 20 reported abuse of OxyContin.
www.nida.nih.gov/pdf/tib/prescription.pdf
- There are 26,000 blogs and 79 YouTube videos about how to beat drug tests, whether it be by purchasing a special drink from the website, exercising to “sweat out” the drug, or drinking specified amounts of water to “flush out” the drug.
http://www.getsmartaboutdrugs.com/prevent/did_you_know.html
- Abuse of prescription drugs is the fastest-growing segment for illegal drug use in the United States. More people abuse prescription drugs than the number of people who use cocaine, methamphetamine, and heroin combined.
<http://www.justice.gov/usao/gan/programs/prescriptiondrugs.html>
- The number of emergency room visits attributable to the abuse of prescription drugs increased by 97 percent from 2004 to 2008.
<http://www.justice.gov/usao/gan/programs/prescriptiondrugs.html>
- Recent statistics show that the number of people who died in one year from overdoses of prescription drugs alone (508) is more than six times the number of people who died from overdoses of all other illegal drugs combined (86).
<http://www.justice.gov/usao/gan/programs/prescriptiondrugs.html>

Why do teens abuse or steal drugs?

- To “numb” themselves from daily life and adolescence
- To decrease feelings of insecurity
- To fit in because of peer pressure
- To “feel good” or get “high”
- To sell to others and make money
- To counter anxiety
- To enhance cognition
- To “self medicate”



Risks

Prescription drugs are presumed safe because they are prescribed by doctors, but the drugs may have side effects and consequences when taken by someone other than to whom prescribed.

- Addiction
- Overdose and death
- Increased risk of HIV if unsanitary needles are used
- Dangerous withdrawal symptoms
- Psychosis
- Seizures
- Cardiovascular complications

Which drugs are most often abused?

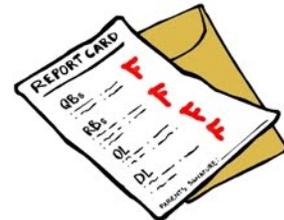
- Opiates
 - Percocet® (oxycodone with acetaminophen)
 - OxyContin® (oxycodone)
 - Duragesic® (fentanyl)
 - Lortab® or Vicodin® (hydrocodone with acetaminophen)
- Stimulants
 - Adderall® or Adderall XR® (dextroamphetamine/mixed amphetamine salts)
 - Ritalin® or Concerta® (methylphenidate)



- Central nervous system (CNS) depressants/benzodiazepines or sleep drugs
 - Ambien® (zolpidem)
 - Lunesta® (eszopiclone)
 - Xanax® (alprazolam)
 - Ativan® (lorazepam)
 - Valium® (diazepam)
- Codeine combination products
 - Robitussin A-C®
 - Tylenol #3 or #4® (acetaminophen with codeine)
 - Fiorinal® or Fioricet® with codeine
- OTC cough & cold preparations:
 - Dextromethorphan

Signs that your child may be abusing drugs...

- Irritability
- Agitation
- Loss of focus
- Decrease in motivation
- Dramatic mood swings
- Withdrawal from friends and family network
- Decline in school performance and/or tardiness
- Behavioral changes
- Decreased participation in activities or extracurricular events



- Start a conversation with y
 - Use headlines or news
 - Many TV programs a
 - thinks of the situatic



is occurs, ask your child what she/he

- When communicating:
 - Be clear
 - Be a good listener
 - Give honest answers
 - Don't "lose it" with anger and hostility
- Do not make assumptions or immediately accuse



What to do if you think your child is abusing drugs...

Talk to E.O. Smith Health Office staff at (860) 487-4519

Visit: <http://www.getsmartaboutdrugs.com/> OR

http://www.drugrehabtreatment.com/stealing_prescriptions.html

Proper medication disposal:

- Add a small amount of water to the prescription bottle to partially dissolve contents
- Seal the bottle with duct tape
- Place bottle into an opaque container (eg, empty yogurt) and discard in trash can, NOT with recyclables
- Find a drug destruction event near you: <http://www.ct.gov/dep>



Courtesy of The UConn School of Pharmacy

References:

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2006 Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health:
<https://nsduhweb.rti.org/>

<http://www.justice.gov/usao/gan/programs/prescriptiondrugs.html>

<http://www.nida.nih.gov/pdf/tib/prescription.pdf>

http://www.getsmartaboutdrugs.com/prevent/what_should_i_say.html