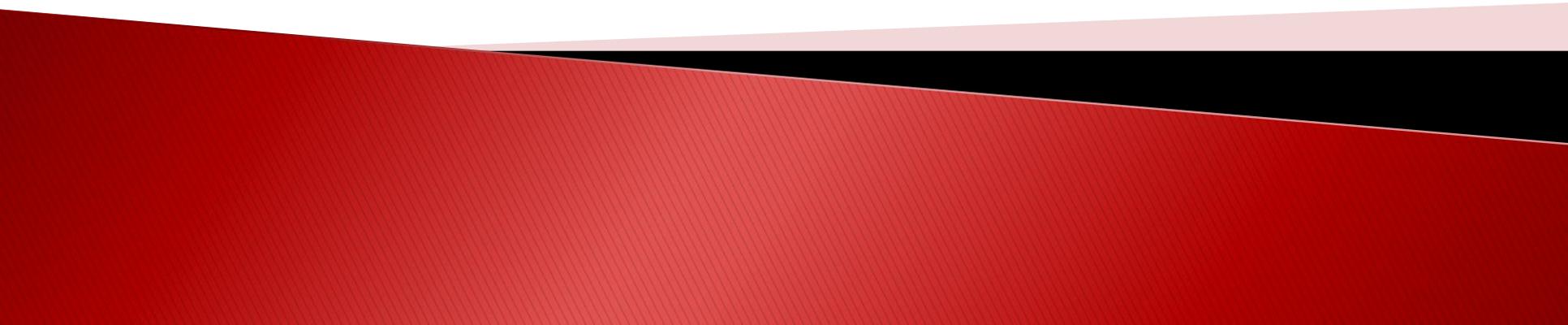


Children and Youth Prescription Drug Use: The Unscripted Reality

Lacey Presents...

A R.E.D. Night Out

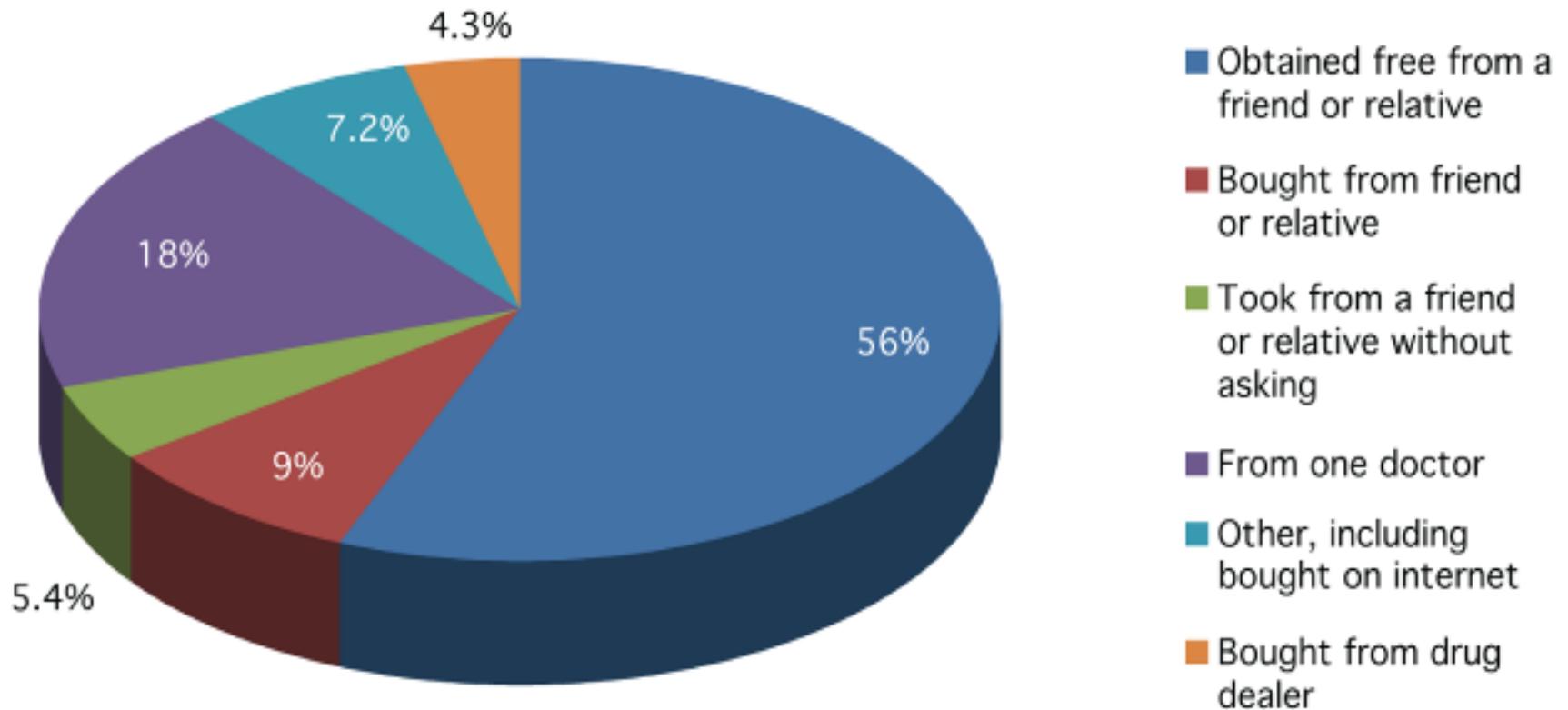
Raising & Educating a Drug Free Community



The most common methods of obtaining prescription drugs for non-medical purposes are...

- 1. Free from friends or relatives (56 %)**
 - 2. From a doctor (18%)**
 - 3. Bought from friends or relatives (9 %)**
 - 4. Taken from a friends or relatives without asking. (5.4 %)**
- 

Sources of Pain Relievers for Most Recent Nonmedical Use, ≥ 12 years



Think about your home...

- **What prescription and over-the-counter drugs do you have there?**
- **Where are they kept?**
- **Would you know if any were missing?**



Individual-level Prevention

What Parents Can Do

- **Talk about health consequences of prescription drug abuse; emphasize caring rather than morality, obedience or scare tactics**
- **Talk about effects on the growing adolescent brain**
- **Point out link between opioid painkillers and heroin**
- **Explain “synergistic effects” of mixing medications**
- **Explain when to call 911 for friends**
- **Be available to give “no-questions” ride home**
- **Set clear, no-use expectations**
- **Set and enforce reasonable consequences (avoid “zero-tolerance” and allow for mistakes)**

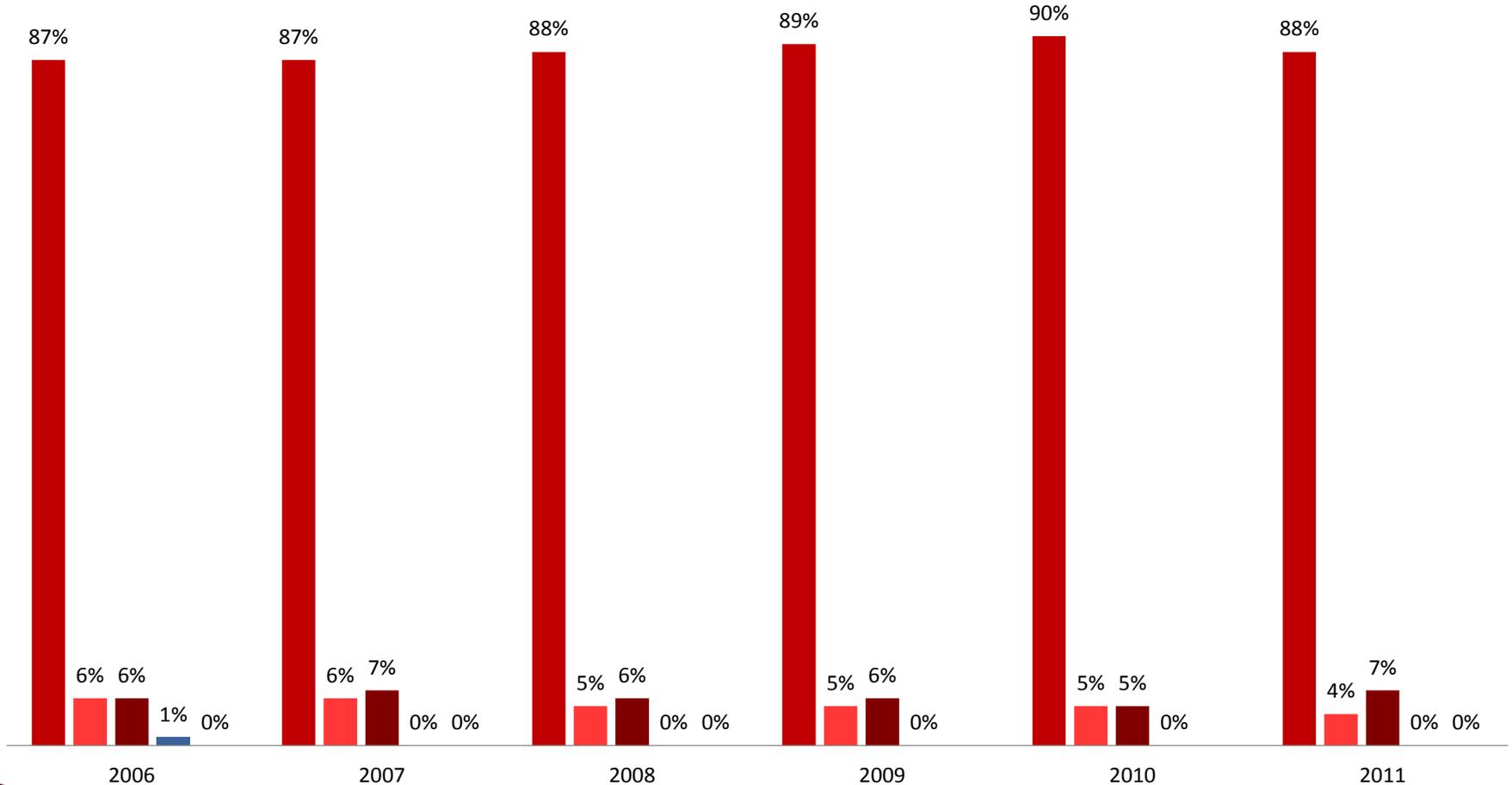
Environmental-level Prevention

What Parents Can Do

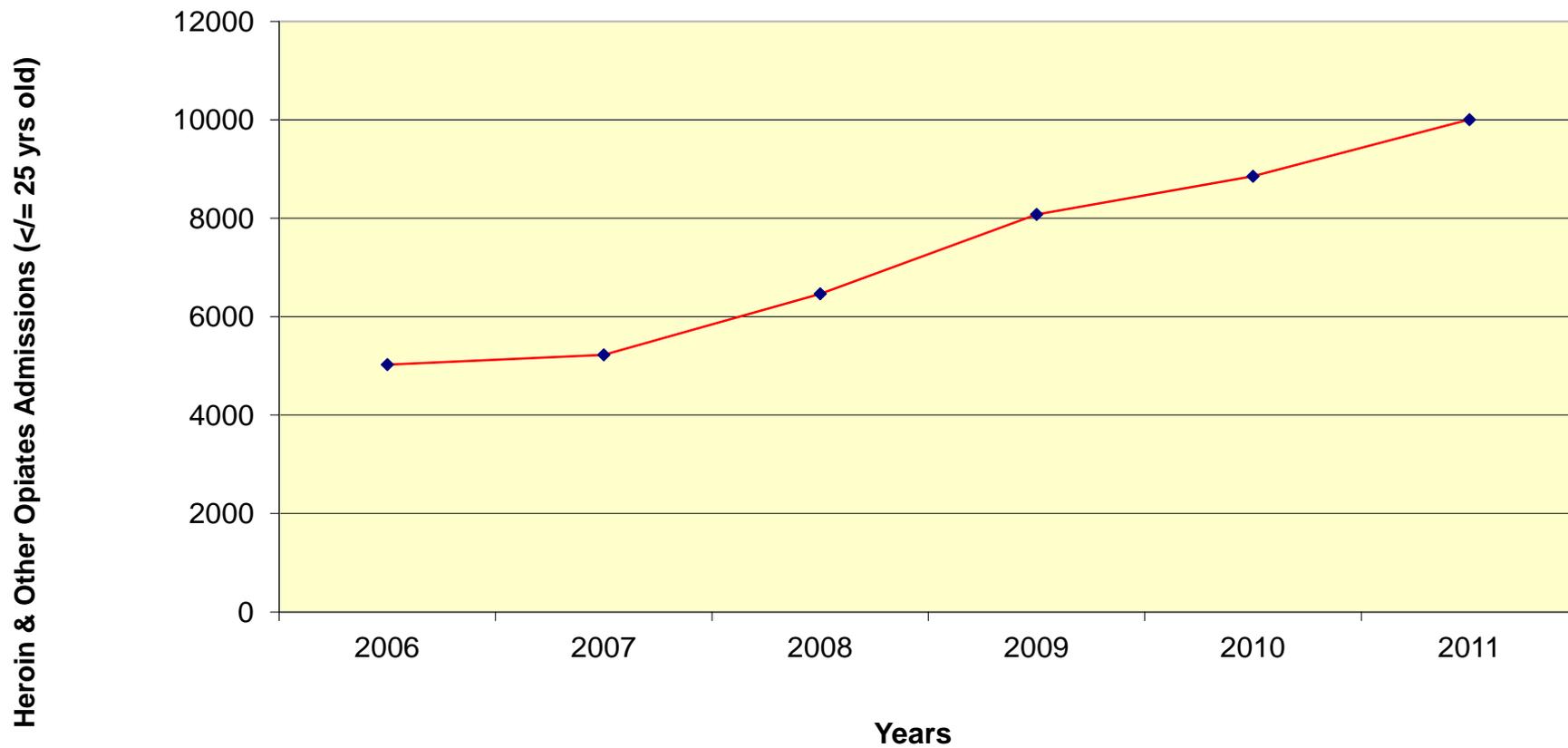
- **Lock up your medications**
 - **If youth is on medication, make sure that adult keeps/dispenses**
 - **Count pills so theft would be apparent**
 - **Properly dispose of expired and unused medications**
 - **Instruct others who may supervise the youth to do the same**
 - **Get involved in community prevention efforts**
- 

Race/Ethnicity 2006-2011

■ White (Non-Hispanic) ■ Black (Non-Hispanic) ■ Hispanic Origin ■ Other ■ Not Assessed

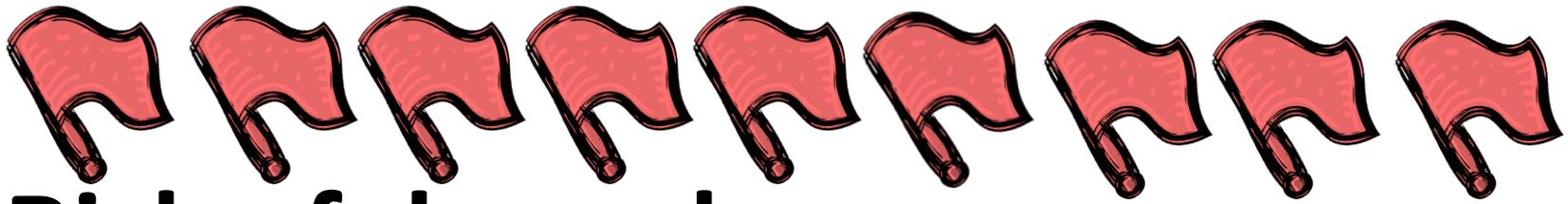


New Jersey



Heroin and Other Opiate Hospital Admissions for NJ Residents (25 Years Old and Less) for 2006 - 2011

- Annual admissions for Heroin & Other Opiates have nearly doubled from 2006 to 2011 (99.01%)
- Nearly 5,000 increase in total annual admissions from 2006-2011 = (4976): 35% due to Ocean (1754 Monmouth)
- For most years, admissions for Ocean + Monmouth counties have exceeded 25% of total state admissions
- One regional pattern: three counties with highest increases are shore counties (Cape May, Ocean, Monmouth)



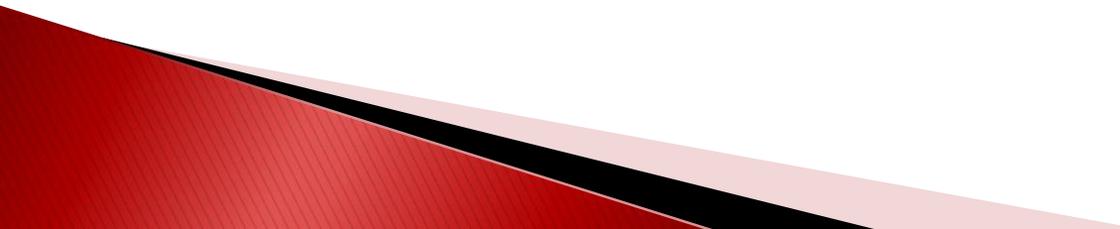
Risk of drug abuse increases greatly during times of transition, such as changing schools, moving, or divorce. The challenge for parents is to distinguish between the normal, often volatile, ups and downs of the teen years and the red flags of substance abuse.

When a loved one has a drug problem...

1. Speak up.

2. Take care of yourself.

3. Avoid self-blame.



When your Teen has a drug problem...

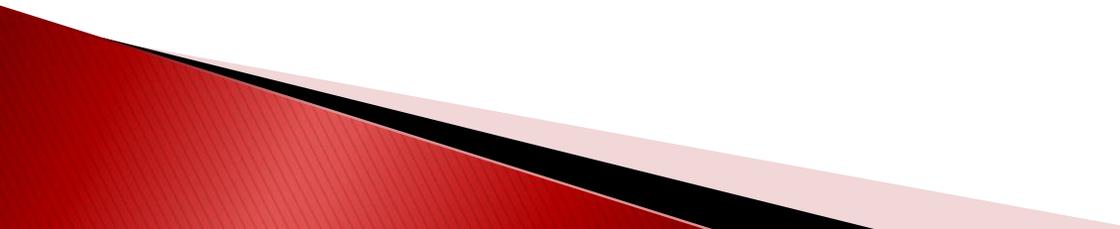
Lay down rules and consequences...

Monitor your teen's activity...

Encourage other interests and social activities...

Talk to your child about underlying issues...

Get Help...



But Don't...

- Attempt to punish, threaten, bribe, or preach.
- Avoid emotional appeals that may only increase feelings of guilt & the compulsion to use.
- Cover up or make excuses for the drug abuser, or shield them from the negative consequences of their behavior.
- Take over their responsibilities, leaving them with no sense of importance or dignity.
- Hide or throw out drugs.
- Argue with the person when they are high.
- Take drugs with the drug abuser.
- Feel guilty or responsible for another's behavior.

Adapted from: *National Clearinghouse for Alcohol & Drug Information*

Warning Signs of Commonly Abused Drugs

Marijuana: Glassy, red eyes; loud talking, inappropriate laughter followed by sleepiness; loss of interest, motivation; weight gain or loss.

Depressants (including Xanax, Valium, GHB): Contracted pupils; drunk-like; difficulty concentrating; clumsiness; poor judgment; slurred speech; sleepiness.

Stimulants (including amphetamines, cocaine, crystal meth): Dilated pupils; hyperactivity; euphoria; irritability; anxiety; excessive talking followed by depression or excessive sleeping at odd times; may go long periods of time without eating or sleeping; weight loss; dry mouth and nose.

Inhalants (glues, aerosols, vapors): Watery eyes; impaired vision, memory and thought; secretions from the nose or rashes around the nose and mouth; headaches and nausea; appearance of intoxication; drowsiness; poor muscle control; changes in appetite; anxiety; irritability; lots of cans/aerosols in the trash.

Hallucinogens (LSD, PCP): Dilated pupils; bizarre and irrational behavior including paranoia, aggression, hallucinations; mood swings; detachment from people; absorption with self or other objects, slurred speech; confusion.

Heroin: Contracted pupils; no response of pupils to light; needle marks; sleeping at unusual times; sweating; vomiting; coughing, sniffing; twitching; loss of appetite.

Finding treatment programs

Substance Abuse and Mental Health Services Administration (SAMHSA), Department of Health and Human Services:

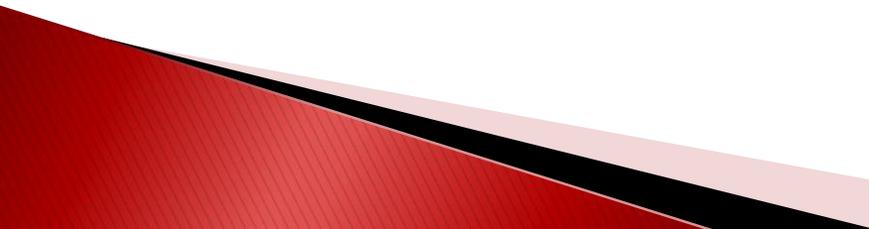
www.findtreatment.samhsa.gov

(information available by state and city)

or **800-662-HELP**

or WWW.OCHD.ORG

Ocean County Health Department



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