America’s Opioid Epidemic

Know the Facts
What are Opioids?

✔ Powerful pain medications derived from the poppy plant (opium)
✔ Able to make individuals feel relaxed, happy or “high”
✔ Treat moderate to severe pain
✔ Often given to individuals following surgery, sports injuries or cancer diagnosis
✔ Chemically similar to heroin
Common Prescription Opioids

✓ Morphine    ✓ Hydromorphone
✓ Codeine     ✓ Fentanyl
✓ Oxycodone
✓ Hydrocodone
Deaths from Opioids in the U.S.

3 Waves of the Rise in Opioid Overdose Deaths

Wave 1: Rise in Prescription Opioid Overdose Deaths
Wave 2: Rise in Heroin Overdose Deaths
Wave 3: Rise in Synthetic Opioid Overdose Deaths

What is the source?

66% of individuals who are over the age of 12 and misuse prescription opioids, get them from family or friends.

*Percentage from friend or relative is derived before rounding of individual sources
Source: SAMHSA 2014 National Survey on Drug Use and Health
Many **teens believe** that **prescription opioids are much safer** than illegal street drugs because they are prescribed by a doctor or other healthcare provider.
He gets his music online.
His t-shirts at the mall.
And his drugs from his mom’s purse.

BE AWARE. DON’T SHARE.®
LOCK YOUR MEDS.®
www.lockyourmeds.org.
Importance of Adolescent Brain Development

Scientists have learned that it takes a brain about **25 years** to fully develop.

Source: http://drugfree.org/article/brain-development-teen-behavior
Educate Yourself and Your Child

Learn about the most commonly misused types of prescription medications.

Communicate the dangers to your child regularly; once is not enough.

Source: www.lockyourmeds.org
What You Can Do

✔ Encourage positive behaviors in your child on a daily or regular basis

✔ Communicate calmly and clearly with your child

✔ Create an honest, open relationship with your child is the best preventative measure

✔ Establish a few non-negotiable rules about your child’s behavior
Have Those Conversations

✔ Talk about all prescription medications
✔ Emphasize the importance of not sharing prescription medications
✔ Do not take medications offered to you by a friend
✔ Be the role model for your child
✔ Demonstrate a calm demeanor so as to not close off conversations
Signs of Possible Opioid Misuse

- Stealing or borrowing pills
- Lying about lost pills to obtain more
- Demonstrating mood swings such as irritability, drowsiness
- Being distracted or forgetful
- Stealing money or new financial difficulties
- Being dishonest to family and friends
- Failing in school or poor work performance
Signs of Possible Opioid Misuse

✔ Staying away from home overnight or for several days
✔ Doing things they normally would not do (decreased inhibitions)
✔ Appearing sedated or lethargic
✔ Having puncture marks on hands and arms
✔ Wearing long sleeves during hot weather to hide arms
Signs of Opioid Emergency or Overdose

- ✔ Unresponsive to noise or touch
- ✔ Slowed or no breathing
- ✔ Slow heartbeat or low blood pressure
- ✔ Body is limp
- ✔ Pinpoint pupils
- ✔ Cold or clammy skin
- ✔ Vomiting
- ✔ Seizures
- ✔ Nails and lips are blue

Individuals who take more opioids than are prescribed are at an increased risk for overdose and death.
Naloxone has been approved by the Food and Drug Administration (FDA) and used for more than 40 years by emergency medical services personnel to reverse opioid overdose and resuscitate individuals who otherwise might have died in the absence of treatment.

Ask your doctor or pharmacist if Naloxone is right for you or a family member.

Increased Awareness of Using Naloxone

“Naloxone is used to temporarily reverse the effects of an opioid overdose. Expanding the awareness and availability of this medication is a key part of the public health response to the opioid epidemic.”

Jerome M. Adams, M.D., M.P.H.
U.S. Surgeon General
Safe Storage

✔ Keep prescription pain medications **locked up or hidden safely** in the home

✔ Keep a **current count of all pills**

✔ **Remind parents to store medicines** so children can’t reach them and others would have difficulty finding or stealing them

✔ **Do not share** your medication

Sources: deadiversion.usdoj.gov/drug
ama-assn.org/delivering-care/opioids/5-tips-safely-storing-opioids-home
Safe Disposal

✓ Properly dispose of all medications when they are no longer needed
✓ Use safe, local disposal sites
✓ Find disposal information at the following websites:
  □ disposemymeds.org/medicine-disposal-locator
  □ deadiversion.usdoj.gov/drug_disposal/takeback
Action Steps

✔ Talk to your physician about opioid misuse disorder for yourself or your child

✔ Call the Substance Abuse and Mental Health Services Administration (SAMHSA) national help line: 1-800-662-HELP (4357)

✔ Visit www.samhsa.gov for additional information