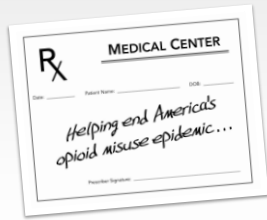


America's Opioid Epidemic

Know the Facts



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PRESENTATION

NOTE PAGES

Slide 1

America's Opioid Epidemic

Know the Facts



The graphic features a white prescription form on the left and a photograph on the right. The prescription form is from a 'MEDICAL CENTER' and has a handwritten note that reads 'Helping end America's opioid misuse epidemic...'. The photograph shows a woman in a pink shirt talking to a child in a plaid shirt.

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One of the fastest growing epidemics in the United States today is prescription pain medication misuse. The opioid epidemic has been widely publicized in the news media as the leading cause of death in the United States. As parents we must ask ourselves, "What can we do to prevent our children from saying 'yes' that first time?" The first step is to 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



Opioids are a class of narcotic pain medications that are prescribed by physicians and filled by pharmacists. While opioids are often medically necessary, it is the misuse and abuse that leads to physical dependence and withdrawal symptoms. The subsequent addiction has created what is now known as the opioid epidemic.

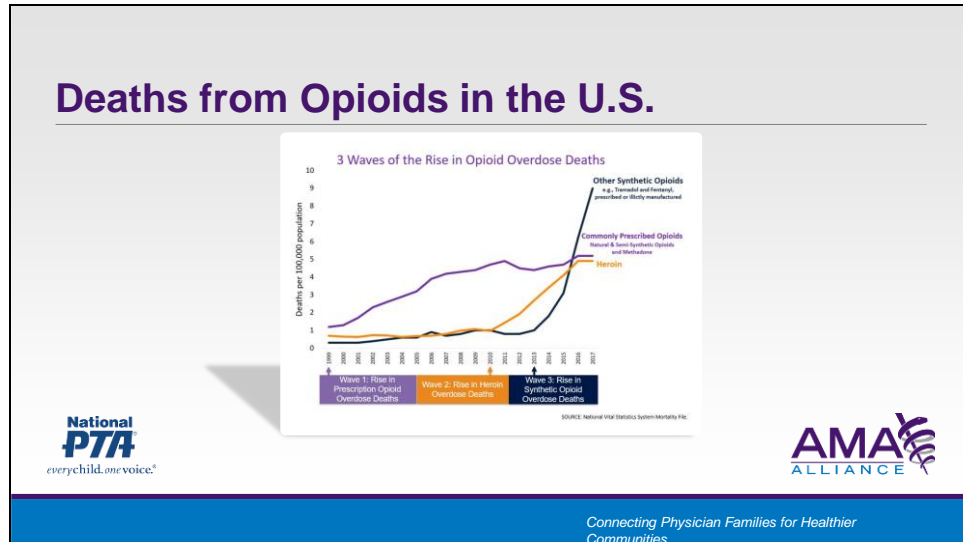
Common Prescription Opioids

- ✓ Morphine
- ✓ Codeine
- ✓ Oxycodone
- ✓ Hydrocodone
- ✓ Hydromorphone
- ✓ Fentanyl



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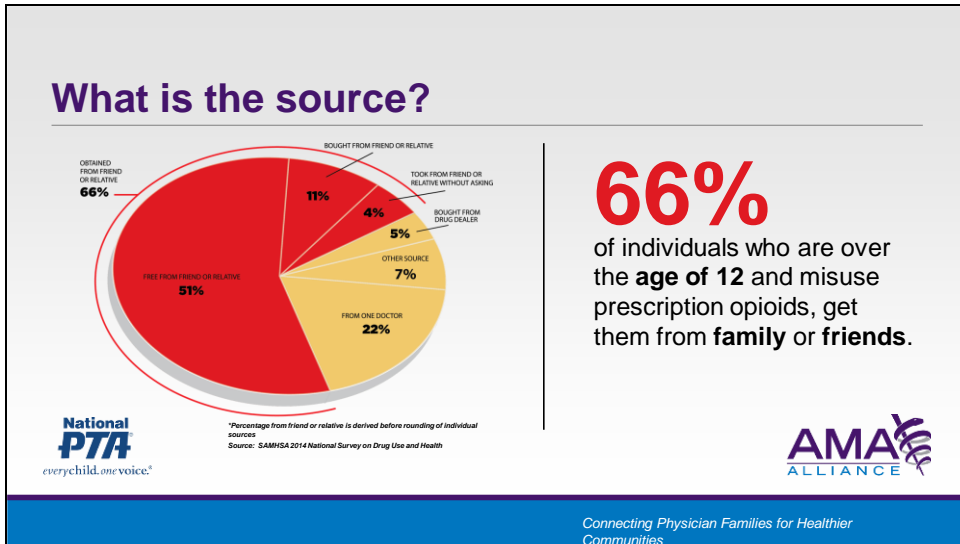
Opioids can come in tablets or liquid they include oxycodone, hydrocodone, codeine, morphine, and many other generic names. These drugs are designed to act on the nervous system to relieve pain. Heroin is also included in this nerve-altering class of drugs.



Around 68% of the more than 70,200 drug overdose deaths in 2017 involved an opioid. The number of overdose deaths in 2017, involving opioids, including both prescription opioids and illicitly manufactured opioids, was 6 times higher than in 1999. On average, 130 Americans die every day from an opioid overdose.

(www.hhs.gov/opioids/about-the-epidemic)

(Wide-ranging online data for epidemiologic research (WONDER). Atlanta, GA: CDC, National Center for Health Statistics; 2017. (<http://wonder.cdc.gov>))



Prescription drug misuse and abuse can affect ALL age groups and cut across all demographics. It can literally touch anyone. The largest portion of this pie chart - 51% - the prescriptions were obtained free from a friend or relative. 11% were purchased from a friend or relative, and 4% were stolen from a friend or relative.

66% of individuals who are over 12 and who abuse prescription opioids, got them from a friend or family member.

(www.lockyourmeds.org)

Prescription Drugs vs. Street Drugs


Many **teens believe** that **prescription opioids are much safer** than illegal street drugs because they are prescribed by a doctor or other healthcare provider.



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A prescription is defined as a written order for a health plan to benefit the health and well-being of a specific individual. Prescriptions are NOT meant to be shared. Yet 53% of people who abuse prescription medications get them from a family or friend. Your child can probably open your medicine cabinet and find before them an array of medicines: pain pills from oral surgery, sleeping pills left from a stressful time or cough medicine from last year's flu

Slide 7



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

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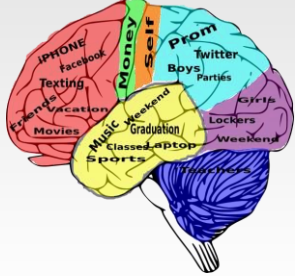
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A child's thought process usually goes something like this, "Well, if mom's doctor prescribed this, it must be safe." But make no mistake - **Taking someone else's prescription is defined as prescription drug misuse.**

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>



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Unfortunately, developing brains are generally more prone to damage. This means that experimentation with drugs and alcohol can have lasting, harmful effects on your teen's health. Because teenagers have an over-active impulse to seek pleasure and less ability to consider the consequences, they are especially vulnerable when it comes to the temptations of drugs and alcohol. And because the internal reward systems are still being developed, a teen's ability to bounce back to normal after using drugs may be compromised due to how drugs affect the brain. No one plans to become addicted to a drug. Instead, it begins with a single use, which can lead to abuse, which can lead to addiction.

www.getsmartaboutdrugs.gov

www.drugfree.org

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

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LEARNING the names of the more commonly prescribed painkillers that are contributing to the teen overdose problem is critical. There are many opioids that can be found in your home medicine cabinet.

COMMUNICATION is key.

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




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Make sure you are nurturing an open, honest relationship with your child that provides a safety net for him or her. Share information with your adolescent about prescription drug misuse and abuse. Talk about the risk factors - family history of alcohol or drug abuse, mental health or behavioral issues, traumatic incidence or impulse control problems.

Learn the names of the commonly prescribed pain medications. Provide your teen with positive opportunities that include decision making and teach them life skills that help them succeed.

Show them the recognition that will motivate them towards positive outcomes and recognize those "teachable" moments such as in the news, or maybe a character in a movie that relates to your feelings on drug abuse. Regular interaction with your child will allow you to observe changes in their behavior that could signify a mental health issue or problem with drugs and alcohol. Make it clear that you do not want your teen using drugs and include the negative effects of drugs and alcohol

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

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Conversation with a teen can sometimes be difficult. Always know that the more knowledge your teen has, the better chance he or she has to make the right choices. Include the word “all” when discussing prescription medication not only because of misuse but also adverse reactions. This is why you should NOT share. Do not take medications offered to you by a “friend.” Let your teen see you making good personal choices. Lead by example. Most importantly keep those lines of communication open when discussing your household rules. Providing defined boundaries for your teen shows him or her that you care about their health and well-being. Allow them some input with these rules but once they are set STICK to them. Always be aware of where your child is after school and on the weekends. And make sure other friends’ parents are of the same mindset as you are.

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**



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Parents are the first line of defense in cases of teen drug use and knowing the signs is your best weapon. When you talk with other parents who have had an addicted teen their common statement is “I should have recognized the signs.” KNOW the signs

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



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Because some of these signs are aspects of typical teen behavior (sleeping a lot, staying away from home overnight, having mood swings, and being distracted), many parents overlook them. Again, having those regular conversations are key. If you are consistently seeing one or more of these signs have that difficult conversation that includes the question, “Have you been drinking or using drugs?” Prepare ahead of time for a response that would lead to a positive outcome for everyone involved. This is when you MUST remain calm and focused.

Signs of Opioid Emergency or Overdose

Individuals who take more opioids than are prescribed are at an increased risk for overdose and death.

- ✓ **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**



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No parent wants their teen to become addicted to drugs or suffer an overdose, but it is best to be aware of what one looks like. In 2015, researchers reported that overdoses were skyrocketing among American adolescents. Teens are particularly susceptible because they tend to take bigger risks and don't know their limits. Substance overdose is now the leading cause of accidental death in the U.S. Even survival can have devastating lifelong effects. DON'T let your child become a statistic.

Naloxone

Naloxone can help save lives from an opioid-related overdose.

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.

Source: <https://store.samhsa.gov/system/files/sma19-4742.pdf>



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Naloxone is a medication approved by the Food and Drug Administration (FDA) to prevent overdose by opioids such as heroin, morphine and oxycodone. It blocks opioid receptor sites reversing the toxic effects of the overdose. It is important to understand that in the event of an overdose you still must dial 911 immediately. Naloxone only lasts 30 to 40 minutes, so if there are opioids still in their system they could go into respiratory arrest again.

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






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The US Surgeon General, Dr. Jerome Adams has stated that, Naloxone is used to temporarily reverse the effects of an opioid overdose. He has taken a strong stand on expanding the awareness and the availability of this medication.

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:
 - disposemy meds.org/medicine-disposal-locator
 - deadiversion.usdoj.gov/drug_disposal/takeback






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Dispose of all medications when they are no longer needed. Do NOT save them, “In case I might need them later.” If possible participate in your community’s local “Take Back” day or find out if there is a medication Drop Box nearby. Drop Boxes are many times in police stations or pharmacies or at a Drug Enforcement Administration-authorized collection site. Before disposing of empty medicine packaging, scratch out all prescription information on the label. Many medication disposal packets are available at pharmacies for the use of safe disposal at home. DO NOT flush medications down the toilet as this gets into the water supply.

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



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It's important for parents to understand that addiction is a disease, not a moral failing and that treatment can work. While families are in the midst of an addiction crisis, there is a tendency to forget that teens can get better - do get better - with the proper treatment and with the support from their families.

We hope that this presentation has increased your knowledge and understanding of the opioid epidemic and has given you some important tools to help prevent your child from becoming a statistic. If you suspect that your teen is using opioids, reach out to your physician. You may be referred to a substance abuse counselor or an organization that offers support to families fighting addiction.

Thank You!