



**DO YOUR PART:  
PREVENT YOUTH  
PRESCRIPTION DRUG  
MISUSE**

**TOOLKIT FOR PARENTS, GRANDPARENTS & CAREGIVERS**

**DID YOU KNOW**

**WARNING SIGNS / RISK FACTORS**

**WHAT YOU CAN DO / PREVENTION**

**WHAT YOU CAN DO / PREVENTION**

**RESOURCES**

# DID YOU KNOW?



- Over 1,600 teens begin abusing prescription drugs each day.
- 96% of drug-related suicide attempts involve prescription drugs.
- 57% of 12 to 17-year olds who misused prescription opioids got them from a friend or relative. The majority of teens get prescription drugs easily and for free, often from friends or relatives.
- One-third of teens say they believe "it's okay to use prescription drugs that were not prescribed to them to deal with an injury, illness or physical pain."
- 32.5% of teens indicate prescription drugs are easier to get than illicit drugs.
  
- Most teens first partake of drugs at some point between 13 and 14 years of age.
- Teens most commonly abuse pain relievers (i.e. OxyContin® and Vicodin®), stimulants (i.e. Ritalin® and Adderall®), and sedatives and tranquilizers (i.e. Valium® and Xanax®).
- Every eleven minutes in the United States someone dies from a drug overdose.



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*Monitoring the Future, 2018*

**DID YOU KNOW**

# WARNING SIGNS



- Missing medication from family members.
- Changes in appearance and behavior.
- Abrupt mood swings.
- Physical signs - constricted pupils, nausea, flushed skin, flu like symptoms.
- Excessive over-the-counter medicine use.
- Always looking for money.
- Trouble in school.
- Loss of interest in job, family, friends, exercise, hobbies, relationships, etc.
- Missing valuables.
- Unusual objects - straws, foil, burnt spoons, bottle caps.

# RISK FACTORS

- Lack of parental supervision.
- Younger age (use commonly begins in teens and early 20s).
- Exposure to peer pressure or a social environment where there is drug use.
- Easy access to prescription drugs.
- Lack of knowledge about prescription drugs.
- Past or present addictions to other substances, including alcohol.



Many teens say their parents are not discussing the dangers of prescription drug abuse with them.

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## OTHER TIPS

- Talk to your children about the dangers of abusing prescription drugs. Let them know that experimenting with prescription drugs can lead to addiction, overdose or even death.
- Make sure teens understand abusing prescription drugs is illegal, including sharing them with friends.
- Be a positive role model when using prescription drugs yourself.
- Educate teens about following medication instructions and dosages.
- Supervise your child's activities, know who their friends are, and monitor their surroundings.



ABOUT  
**1/2** {

About half of parents say anyone can access their medicine cabinet.

WHAT YOU CAN DO / PREVENTION

# SAFEGUARD YOUR HOME



## ► Secure Medications in a Safe Place:

- Keep all medications in a safe place such as a locked cabinet or lock-box in a visible area of the house.
- Educate friends, family and others to secure medications.

## ► Monitor Medications:

- Track how many pills are in each prescription bottle or pack.
- Track refills for all medications in the household; including your teen's medications.
- Educate friends and family, especially grandparents, about regularly monitoring their medications.
- Dispense the proper dosage directly to your teen yourself.

## ► Dispose of Old or Unused Medication Properly:

- Do not dispose of medication in the garbage, or in a sink or toilet.
- Visit a local prescription drug disposal site in Oakland County - Operation Medicine Cabinet™ : [www.oakgov.com/sheriff](http://www.oakgov.com/sheriff)
- Remove labels from outside of prescription bottles before disposing to prevent illegal refills.
- Use Deterra personal disposal kits. Obtain by calling (248) 221-7101.

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WHAT YOU CAN DO / PREVENTION

# RESOURCES



FREE NARCAN TRAININGS  
[achcmi.org/events/](http://achcmi.org/events/)

## Operation Medicine Cabinet™

An Oakland County Sheriff's Office program, which partners with local law enforcement agencies to provide locations where citizens can properly dispose of expired and/or unused prescription drugs anonymously. See [oakgov.com/sheriff](http://oakgov.com/sheriff) for disposal site locations.

## Do Your Part: Be the Solution - Prevent Youth Prescription Drug Misuse

For more resources: [doyourpart.info](http://doyourpart.info)

## Oakland Community Health Network

(248) 858-1210 • [oaklandchn.org](http://oaklandchn.org)

## Mental Health and Substance Use Access Services

(248) 464-6363 non-emergency

## Common Ground Resource & Crisis Helpline

(800) 231-1127

## Sober Support Unit

(800) 231-1127

## Parent Talk Kit: Tips for Talking and What to Say to Prevent Drug and Alcohol Abuse

[drugfree.org/article/how-to-talk-with-your-teen/](http://drugfree.org/article/how-to-talk-with-your-teen/)

## Talk Sooner: Helping Parents Prevent Youth Substance Abuse

[talksooner.org/drugs/prescription-drugs](http://talksooner.org/drugs/prescription-drugs)

## Prevent Prescription Drug Abuse

[accessoakland.oakgov.com/pages/oakland-county-opioid-initiative](http://accessoakland.oakgov.com/pages/oakland-county-opioid-initiative)

## About The Alliance of Coalitions for Healthy Communities

*The Alliance is a network of over nineteen community prevention coalitions serving 55+ local communities. The Alliance is comprised of individuals and organizations who share our commitment to building healthy and drug-free communities.*



**ALLIANCE  
OF COALITIONS**  
for Healthy Communities

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Healthy Communities**

(248) 221-7101 • [achcmi.org](http://achcmi.org)



## MYTH

Prescription painkillers, even if they are prescribed by a doctor, are not addictive.

## FACT

Prescription pain killers act on the same site in the brain as heroin and can be highly addictive.

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## MYTH

There is nothing wrong with possessing prescription drugs without a prescription or sharing them with friends.

## FACT

Possessing prescription drugs without a prescription could result in criminal prosecution. Illegal distribution of prescription drugs is a Federal drug violation, punishable by up to five years in Federal prison.

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## MYTH

Prescription medications are more difficult to obtain than illegal drugs.

## FACT

Youth report that these drugs are easily obtained from family and friends in medicine cabinets, kitchen cabinets, night stands and purses.

