



CRITTENDEN COUNTY COUNSELING CENTER

(an affiliate of BMI Addiction Services)

112 W. Carlisle St. | Marion, KY 42064
(270) 965-0224 | Emergency: (270) 969-0227

Treatment counselor: Randa Simpson, CADC

- Alcohol and drug abuse counseling for adults.
- Drug screens.
- Substance abuse assessments and referrals to residential and other treatment.
- Drug court counseling.
- Family counseling.
- Educational sessions, including presentations to community groups.

Monday: 9 am to 5 pm (Men's group at 6 pm)
Tuesday: 9 am to 5 pm (Women's group at 4 pm)
Wednesday: 9 am to noon
Call for an appointment

Prescription Drug Abuse:

What every parent can do

In the late 1990s, many states passed new laws that drastically relaxed the policies for prescription opioid pain relievers – going from near prohibition to widespread prescribing without any type of dosing guidance. These new laws were based on weak science and good intentions from cancer pain management research. The impact of these relaxed policies has been profound.



In 2010, enough painkillers were prescribed to medicate every American adult around the clock for a month. Though most were prescribed for a legitimate medical need, many ended up in the hands of abusers.

The new teen drug problem & your family medicine cabinet

Prescription drug abuse is America's fastest growing drug problem, especially among teens. National studies show that even though teens are turning away from illegal drugs like cocaine, they're turning to drugs in the family medicine cabinet instead.

Today, more teens abuse prescription drugs than any other illicit drug, except marijuana. In fact, among kids aged 12 and up, nearly one-third of kids who used drugs for the first time began by using a prescription drug for nonmedical reasons.

What's going on?

- Every day, 2,500 youth from ages 12 to 17 abuse prescription pain killers for the first time.
- Prescription drugs are now the drug of choice among 12- and 13-year-olds.
- Among teens who have abused painkillers, nearly one-fifth used them at least weekly in the past year.
- Teens who abuse prescription drugs can get them easily from the medicine cabinets of their parents, relatives, or their friends' parents. Most parents don't even know about it.

Why prescription drugs?

- Teens think prescription drugs are safer and more acceptable than illegal drugs.
- Teens know that prescription drugs are widely available, easy to obtain and legal.
- They feel there is less shame in using prescription drugs, and think that parents won't care as much if they get caught.

Why prescription drugs?

- Even in small doses, depressants and painkillers inhibit motor skills, judgment and the ability to concentrate or learn.
- Too much of a specific drug can cause an overdose, resulting in cardiac arrest and death.
- Mixing prescription drugs with alcohol and/or over-the-counter medications can result in an overdose.
- Stimulant abuse can lead to hostility and paranoia, or heart failure and fatal seizures.

Teen Challenge

270.639.7366

www.teenchallengeky.com

Teen Challenge provides youth, adults and families with an effective and comprehensive Christian faith-based solution to life-controlling drug and alcohol problems in order to become productive members of society. Teen Challenge was founded by Rev. David Wilkerson in 1966.

Pennyroyal Center

24/7 HELP: 1.877.4RESPOND

www.pennyroyalcenter.org

Pennyroyal Center is a comprehensive Community Mental Health Center offering services in mental health, mental retardation, developmental disabilities and substance abuse. Pennyroyal Center has four full-service clinics covering the eight counties.

Crittenden County Coalition for a Drug-Free Community

marionky.biz/DRUGFREE



What can parents do?

Parents should understand and communicate the dangers of prescription drug abuse with their kids. Studies show that young people who know their parents disapprove of drug use are far less likely to do it.

Parents and other adults can also take action immediately to keep medications out of the hands of teens by following three simple steps:

- **Monitor:** Know what you have and where it is. Always.
- **Secure:** Treat medications the same as other valuables in your home like jewelry or cash.
- **Dispose:** Conceal and discard expired or unused prescription medications appropriately.



The Prevention Resource Group

1-888-822-3223 • www.faceproject.org

Electronic Smoking Devices:

What to know

Electronic smoking devices (or ESDs), which are often called e-cigarettes, heat and vaporize a solution that typically contains nicotine. The devices are metal or plastic tubes that contain a cartridge filled with a liquid that is vaporized by a battery-powered heating element. The aerosol is inhaled by the user when they draw on the device, as they would a regular tobacco cigarette, and the user exhales the aerosol into the environment.

"If you are around somebody who is using e-cigarettes, you are breathing an aerosol of exhaled nicotine, ultra-fine particles, volatile organic compounds, and other toxins."

— Dr. Stanton Glantz,

Director for the Center for Tobacco Control Research and Education at the University of California, San Francisco



no-smoke.org

More about nicotine

Addictive -- Nicotine addiction is one of the hardest addictions to break. Nicotine is more addictive than heroin and cocaine.

Toxic -- Liquid nicotine is highly concentrated so ingestion or skin contact is highly dangerous -- especially for children.

Hazardous Vapor -- The secondhand e-cigarette aerosol (incorrectly called "vapor" by the industry) contains nicotine, ultrafine particles and low levels of toxins that could cause cancer. Exposure to fine and ultrafine particles may exacerbate respiratory ailments like asthma, and constrict arteries which could trigger a heart attack.

E-cigarettes are not a solution

For many, e-cigarettes are the answer to the debate about the dangers of cigarette smoke. Many e-cigarette users tout the power of the e-cigarette in helping them to quit smoking. However, they may have quit using traditional cigarettes but they are still addicted to nicotine. They only changed their delivery system. All the great work that has been done on smoke-free policies could be for not if people are allowed to use e-cigarettes. People are using e-cigarettes in restaurants, stores, hospitals, etc. that are supposedly smoke-free because people do not understand the dangers.

Reasons to include e-cigarettes in smoke-free laws

- E-cigarettes pollute the air, affecting lungs like tobacco smoke.
- E-cigarettes give off aerosol, not water vapor.
- E-cigarettes undermine smoke-free laws by making enforcement confusing.
- No current regulations on manufacturers means no consumer protection.

Health Department

270.965.5215

www.chfs.ky.gov

The Department for Public Health is the sole organizational unit of state government responsible for all public health programs and activities for the citizens of Kentucky. Crittenden County's health department is currently located on Industrial Drive in Marion.

Boulware Mission

270.683.8267

www.boulwaremission.org

Boulware Mission in Owensboro offers both emergency shelter and long term, comprehensive services for homeless men and women. The services provided by the faith-based, non-profit shelter are available 24 hours a day, seven days a week.