



www.drugfree.org

1 in 5 teens has abused pain medication

Kentucky Office of Drug Control Policy, www.odcp.ky.gov

KENTUCKY LEADS NATION IN NON-MEDICAL USE OF TRANQUILIZERS, PAIN RELIEVERS

UK College of Agriculture, www.ca.uky.edu/HEEL

Prescription misuse second only to marijuana as U.S. drug problem

UK College of Agriculture, www.ca.uky.edu/HEEL

In July, 10% of state's high school seniors have abused Rx narcotics

Prescription drug abuse

A serious problem

August 13, 2009, quarterly bulletin

Crittenden County Coalition for a Drug-Free Community

marionky.biz/DRUGFREE

Prescription drug abuse by teens and young adults is a serious problem in the United States. As reported in the Partnership for a Drug Free America's annual tracking study:

- 1 in 5 teens has abused a prescription (Rx) pain medication
- 1 in 5 report abusing prescription stimulants and tranquilizers
- 1 in 10 has abused cough medication

Many teens think these drugs are safe because they have legitimate uses, but taking them without a prescription to get high or "self-medicate" can be as dangerous — and addictive — as using street narcotics and other illicit drugs. In fact, every day, 2,500 teenagers use a prescription drug to get high for the first time. They're accessing these drugs in the comfort of home; it can be as easy as opening a cupboard, drawer, or medicine cabinet.

The good news — there are steps you can take to help protect your kids from prescription drug abuse: monitor, secure and dispose.

What age are teens abusing prescription drugs?

Kids as young as 12 are trying or using prescription drugs non-medically -- to get high or for "self-medicating." Pharmaceuticals are often more available to 12 year olds than illicit drugs because they can be taken from the medicine cabinet at home, rather than marijuana which necessitates knowing someone who uses or sells the drug. Also, pills may have a perception of safety because they are easier to take than smoking pot or drinking alcohol and are professionally manufactured in a lab.

What types of prescription drugs are teens abusing?

The National Survey on Drug Use and Health identifies four types of prescription medications that are commonly abused — pain relievers, stimulants, sedatives and tranquilizers. Eleven percent of teens (ages 12-17) reported lifetime non-medical use of pain relievers and four percent reported lifetime non-medical use of stimulants.

How can I talk to my kids about prescription drug abuse?

Starting a conversation about drugs with your kids is never easy — but it's also not as difficult as you may think. Take advantage of everyday "teachable moments" and, in no time at all, you'll have developed an ongoing dialogue with your child. Teachable moments refer to using every day events in your

life to point out things you'd like your child to know about. When you talk to your kids about drugs, make a special point to tell kids how dangerous prescription drug abuse is.

http://www.drugfree.org/Portal/DrugIssue/Features/Prescription_Medicine_Misuse/

...But it's not just teens who abuse drugs

Prescription drug abuse is the use of prescription medication by any age group for any reason other than that prescribed by a physician. This includes taking medications to get high or taking any prescription a physician did not prescribe specifically for you.

In recent years, prescription drug abuse has increased as drugs have become easier to obtain. According to 2003 Drug Enforcement Administration Statistics, Eastern Kentucky was named the prescription painkiller capital of the United States.

The elderly are particularly vulnerable to prescription drug abuse. They are more likely to be prescribed multiple and long-term prescriptions which could easily lead to drug interactions and misuse.

Prescription drug misuse ranks second only to marijuana as the nation's most widespread drug

problem. Addiction is defined as a chronic, reoccurring disease of the brain. Despite the harmful and negative consequences of continued drug use, people who suffer from addiction cannot control their need for the drugs.

http://www.ca.uky.edu/hes/fcs/heel/newsletter/0709_health_bulletin_adult.pdf

Identifying a prescription drug problem

How might you recognize a prescription drug problem? Some addiction warning signs include:

- **Physical:** Fatigue, repeated health complaints, red and glazed eyes, and a lasting cough
- **Emotional:** Personality change, sudden mood changes, low self-esteem, irritability, irresponsible behavior, poor judgment, depression, general lack of interest,
- **Family:** Starting arguments, breaking rules, withdrawing from the family
- **School or Work:** Decreased interest, negative attitude, many absences, truancy, visiting many doctors
- **Social Problems:** New anti-social friends, problems with the law, withdrawal from friends.

<http://chfs.ky.gov/os/oig/KASPER.htm>



Have you ever felt CAGE*d?

When assessing whether you or someone you love may have a prescription drug abuse problem, there are four simple questions that should be asked:

- Have you ever felt the need to **C**ut down on your use of prescription drugs?
- Have you ever felt **A**nnoyed by remarks your friends or loved ones made about your use of prescription drugs?
- Have you ever felt **G**uilty or remorseful about your use of prescription drugs?
- Have you **E**ver used prescription drugs as a way to "get going" or to "calm down?"

Two or more affirmative answers may indicate probable drug addiction. Any single affirmative answer deserves further evaluation. Please discuss the results with your doctor or other health care professional.

**Adapted from Ewing, J.A. "Detecting Alcoholism: The CAGE Questionnaire." Journal of the American Medical Association 252(14):1905-1907, 1984.*

1 in 5 teens has abused a prescription medication



useful resources

Another Way Inc.

24/7 HELP: 270.965.4300

We all make mistakes, some just more than others. But when we feel like we're down to our lowest low, there's always a helping hand there to lift you back up on your feet. That's where Another Way Inc., comes in. Another Way is a therapy and addiction counseling service located in Marion that is here to help.

Pennyroyal Center

24/7 HELP: 1-877-4RESPOND

www.pennyroyalcenter.org
The Department for Public Health 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. The center serves.

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 at 402 N. Walker St., Marion.

Celebrate Recovery

Rob Ison: 270.965.4623

Emmanuel Baptist Church, Marion
Celebrate Recovery, a program whose purpose is to fellowship and celebrate God's healing power in our lives through the "8 Recovery Principles." By working and applying these Biblical principles, we become free from our addictive, compulsive and dysfunctional behaviors.