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

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

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

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

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

Presention daysproter

rescription 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
- I in 5 report abusing prescription stimulants and tranquilizers
- I in 10 has abused cough med-

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

The facts

bled over 5 years

cough medicine

■ Unintentional fatal

drug overdoses nearly dou-

2 cause of accidental death

(after car crashes) and pre-

cause of increase in deaths

scription drugs are the chief

■ 1 in 10 has abused

Kentucky leads the

nation in using prescription

drugs for nonmedical pur-

poses in the past year

Kentucky leads the

nation in using pain relievers

■ Kentucky leads the

■ Nearly 10 percent of

http://odcp.ky.gov/

nation in using tranquilizers

such as Xanax and Valium

Kentucky 12th-graders had

used prescription narcotics

in the previous 30 days.

for non-medical use

such as Darvon and Perco-

dan for non-medical use

Overdoses now No.

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 cabi-

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

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/Druglssue/ 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 longterm 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 addition 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
- Family: Starting arguments, breaking rules, withdrawing from the
- School or Work: Decreased interest, negative attitude, many absences, truancy, visiting many doctors
- Social Problems: New antisocial friends, problems with the law, withdrawal from friends.

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

Crittenden County Coalition for a Drug-Free Community marionky.biz/DRUGFREE

August 13, 2009, quarterly bulletin



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 quesitons that should

- Have you ever felt the need to Cut down on your use of prescription
- Have you ever felt Annoyed by remarks your friends or loved ones made about your use of prescription
- Have you ever felt Guilty or remorseful about your use of prescription drugs?
- Have you Ever 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.

Quiz yourself

- Is this prescription drug abuse? ■ T or F? Mixing prescription drugs with over-the-counter medications without telling your doctor.
- T or F? Taking someone else's
- T or F? Mixing your medication with alcohol
- T or F? Taking more medicine than the doctor prescribed.
- T or F? Taking medicine too
- Tor F? Not taking your medicine and instead saving it to sell.

The answer to all six questions happens to be true. If you think you may have a problem, contact one of the confidential resources listed at the bottom of this page for assistance.

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

Confidential aid, counsel offered at Another Way

Another Way Inc., of Marion, is a center for addiction and a center of counseling services. Through state grants and the Coalition, Another Way is able to provide services to the citizens of Crittenden County. Those in need of treatment, counseling, parenting classes, and many other types of services have access to a convenientlylocated center dedicated to servicing Crittenden County.

Another Way also provides scholarships to aid patients in the financial burden of treatment. In 2008 Another Way was able to provide 101 scholarship's equaling \$16,425 in financial assistance.

If you or someone you know is in need of help, please call Another Way's hotline available around the clock at 965,4300.



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 were 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 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. 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 de-partment 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.