

Rx Drug Abuse in the U.S.

Crisis ?? & Consequences

Mary Louise Embrey

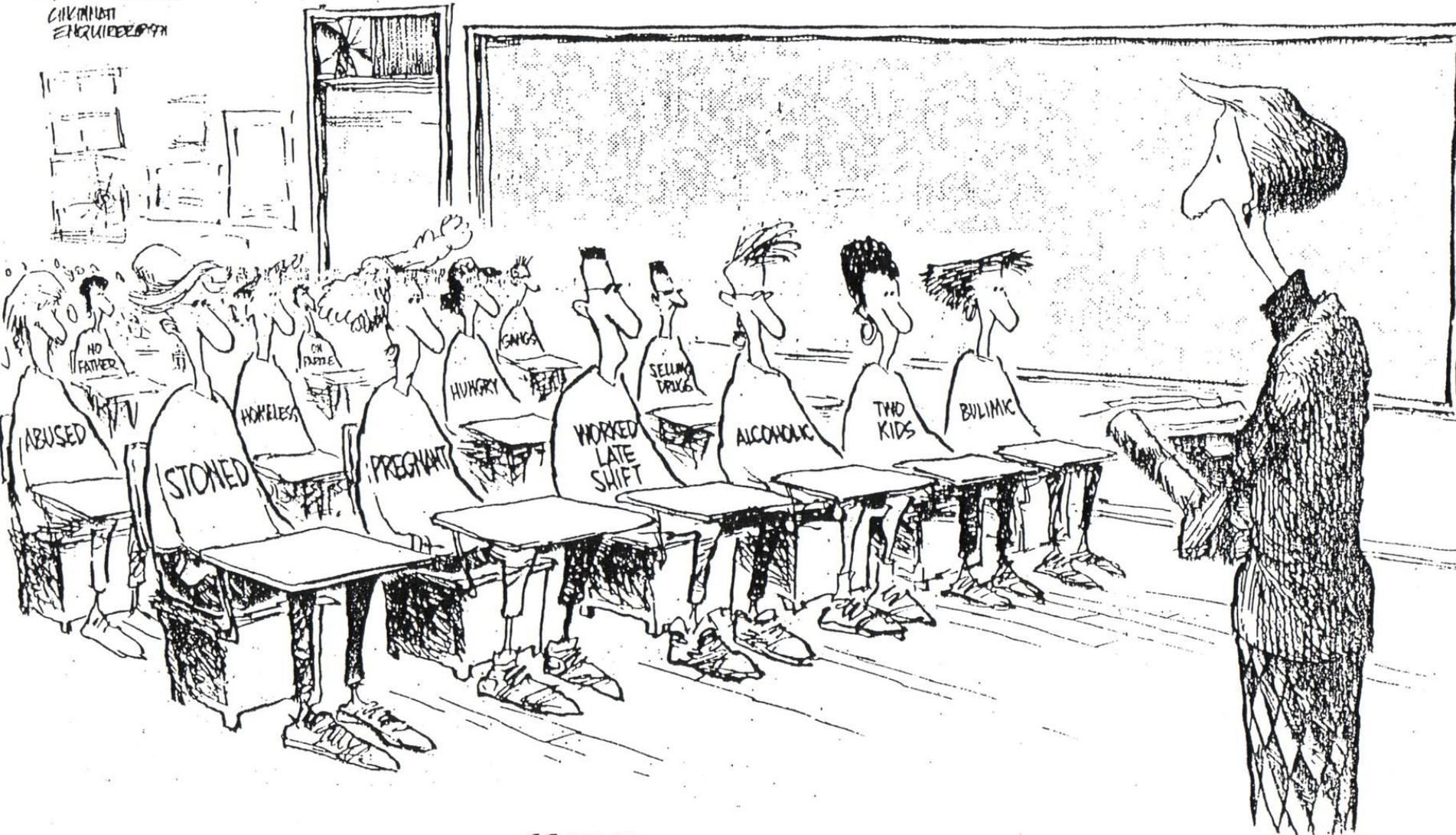
President, MLE Consulting, LLC

August 10, 2016

Session Objectives

- ❖ Conduct an interactive exploration of the teen, parent, and societal aspects of prescription drug abuse
- ❖ Provide the knowledge and practical resources to move forward and address issues created by the abuse of prescription drugs

JIM BERGMAN
CIVILILIST
ENQUIRER 1997



GOOD MORNING, TEACHER

Schools: the Hub of the Community

❖ What makes a school?

- Students and their families
- Teachers
- SISP – Specialized Instructional Support Personnel
- Administrators
- School staff

❖ Schools are significant community influencers

- School culture/climate
- SISP – lead users of prevention resources
- Health teachers educate and conduct health promotion
- School nurses address health needs of students and staff

The Crisis

- ❖ Drug overdoses now the leading cause of accidental death in the US – exceeding deaths from automobile accidents
- ❖ More than 47,000 overdose deaths in 2014
- ❖ More than six out of 10 drug overdose deaths in 2014 involved opioids, including opioid pain relievers and heroin ... that is 81 deaths a day

An epidemic is on our hands

“The opioid epidemic is devastating American families and communities. To curb these trends and save lives, we must help prevent addiction and provide support and treatment to those who suffer from opioid use disorders.”

Dr. Tom Frieden, Director, Centers for Disease Control and Prevention December 18, 2015



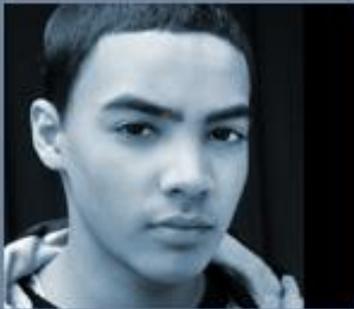
“Because of our unique position within the schools, students trust and confide in school nurses. We need to be prepared to respond accordingly when we hear about the misuse of prescription drugs, including drugs being mixed with alcohol or stimulant drinks. It is important to keep abreast of current trends, as students have access to so much information on the internet that can be potentially lethal. ”

Paula Apa-Hall

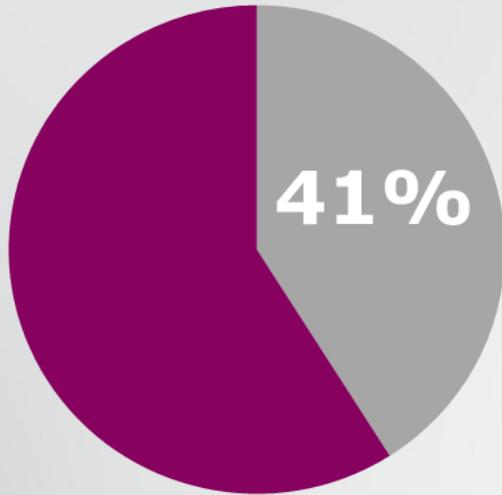
Past President, Oregon School Nurses Association

Former NASN Board Member

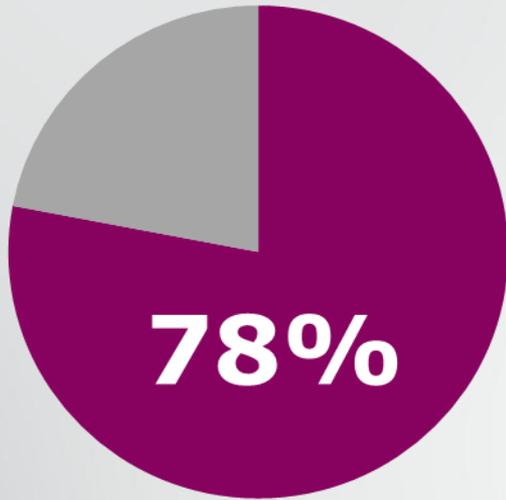
1 in **4** teens
has abused a prescription (Rx) drug.



Take Action Today



41% of kids mistakenly believe abusing Rx medicine is safer than abusing illegal street drugs like cocaine or heroin.



78% of School Nurses say that prescription drug abuse is a problem in their community.

Most teens get their hands on prescription drugs from the homes of friends and relatives (medicine cabinets, cupboards, drawers, etc.)





**Every 13
minutes, a
person in the
U.S. dies of a
drug-induced
death**

**Almost 4,000 young people (15-24)
died of drug overdose in 2014**

Why Do Kids Abuse Prescription Medicines?

- ❖ Easy access
- ❖ Perceive them to be safer
- ❖ To get high
- ❖ To help them study
- ❖ To relieve stress and anxiety
- ❖ To experiment
- ❖ To fit in

Commonly Abused Rx Drugs

Opioids
(for pain)

Stimulants
(ADHD medicines)

Benzodiazepines/
CNS Depressants
(for anxiety and sleep
disorders)

You May Know Them As...

Opioids

- ❖ Vicodin
- ❖ Percoset
- ❖ Oxycontin
- ❖ Demerol

Benzodiazepines

- ❖ Xanax
- ❖ Valium
- ❖ Nembutal

Stimulants

- ❖ Ritalin
- ❖ Concerta/Adderall
- ❖ Dexadrine

Adolescents' Rationales for Sharing Prescription Drugs

Rationale	Respondents (%*)
Got it from a family member	66.2
Have a prescription but ran out	64.8
Have the same problem as the person who gave me the medicine	60.5
Want something strong for pain or headache	43.3
Have an emergency	39.0
Got it from someone who knows about medicine	28.1
Need help sleeping	21.9
Want something strong for pimples or oily skin	19.0
Need the medicine but can't afford to buy it	18.1
Have leftover medicine that would be wasted	13.8
Want to relax or feel good	12.9
Have heard a lot about this medicine from ads or commercials	4.3

**Multiple reasons were accepted; therefore, total may exceed 100%.
Source: Pediatrics*

“The scariest thing I ever hear a parent say about drug abuse is *‘Not My Kid.’*”

— Dr. Drew Pinsky

“They never think that it’s going to be them. Parents sometimes think their kids may get into trouble with drugs... but kids never think that they are going to be the one who becomes an addict.”

— M. Embrey

Teen Drug Abuse: Popular Trends

- ❖ Mixing prescription drugs with other substances



+



+



Teen Drug Abuse: Popular Trends

- ❖ Use/abuse of designer synthetic drugs (bath salts, Molly)



Who Are the Most Significant Teen Influencers?

❖ PARENTS & other caring adults

Teens who learn about the risks of drugs from their parents are up to **50% less likely** to try drugs



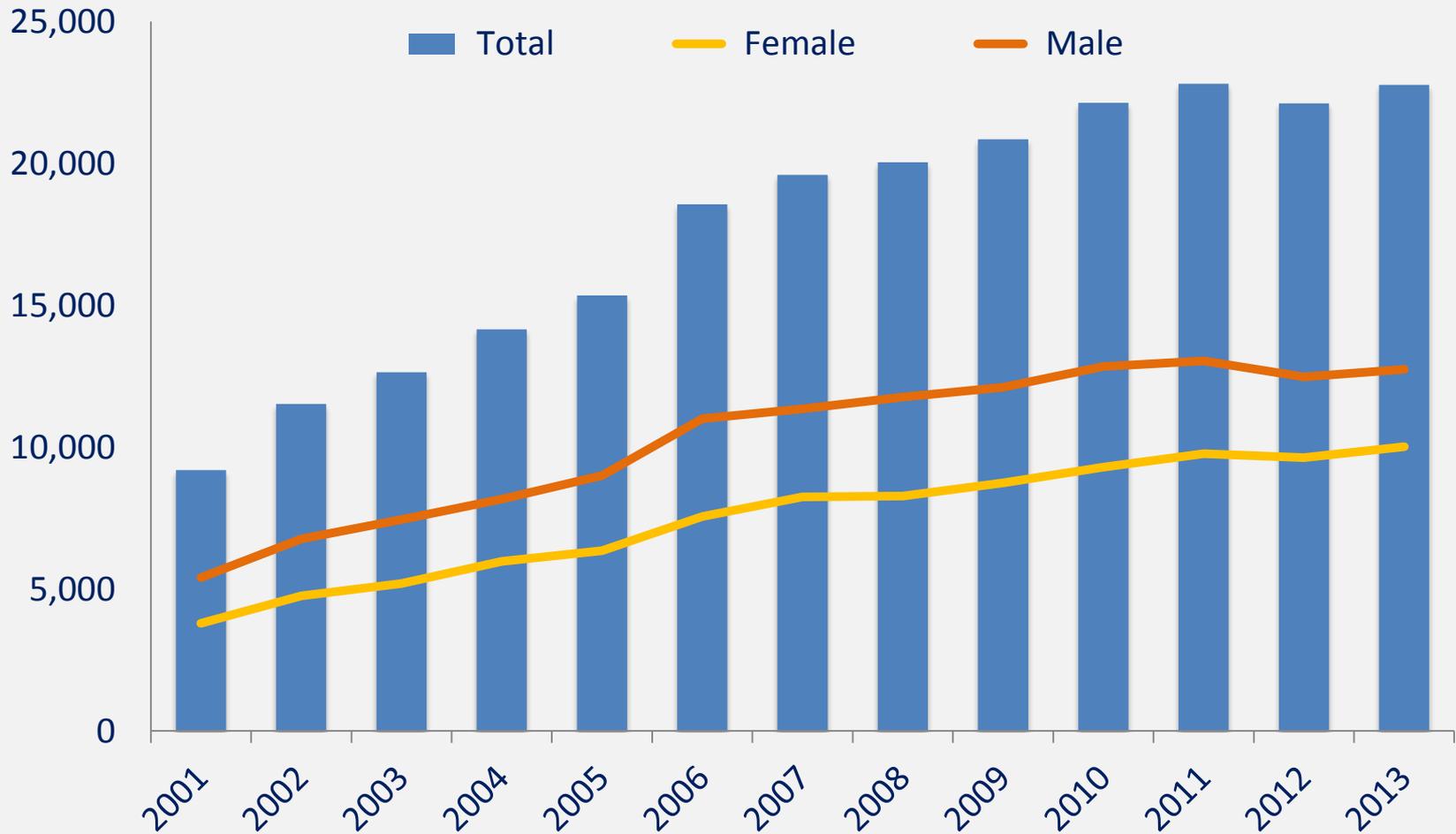
How to Reach Teens

- ❖ Knowledge is power
- ❖ Learn the signs of abuse
- ❖ Establish a “family belief system”
- ❖ Create safeguards and safe practices
- ❖ Communicate within the family
- ❖ Communicate with outside influencers



National Overdose Deaths

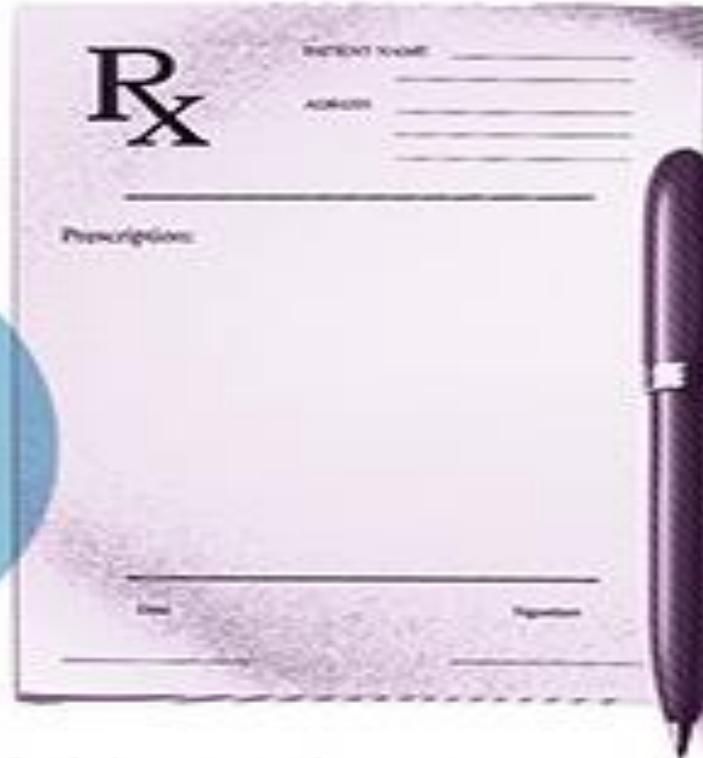
Number of Deaths from Prescription Drugs



Source: National Center for Health Statistics, CDC Wonder

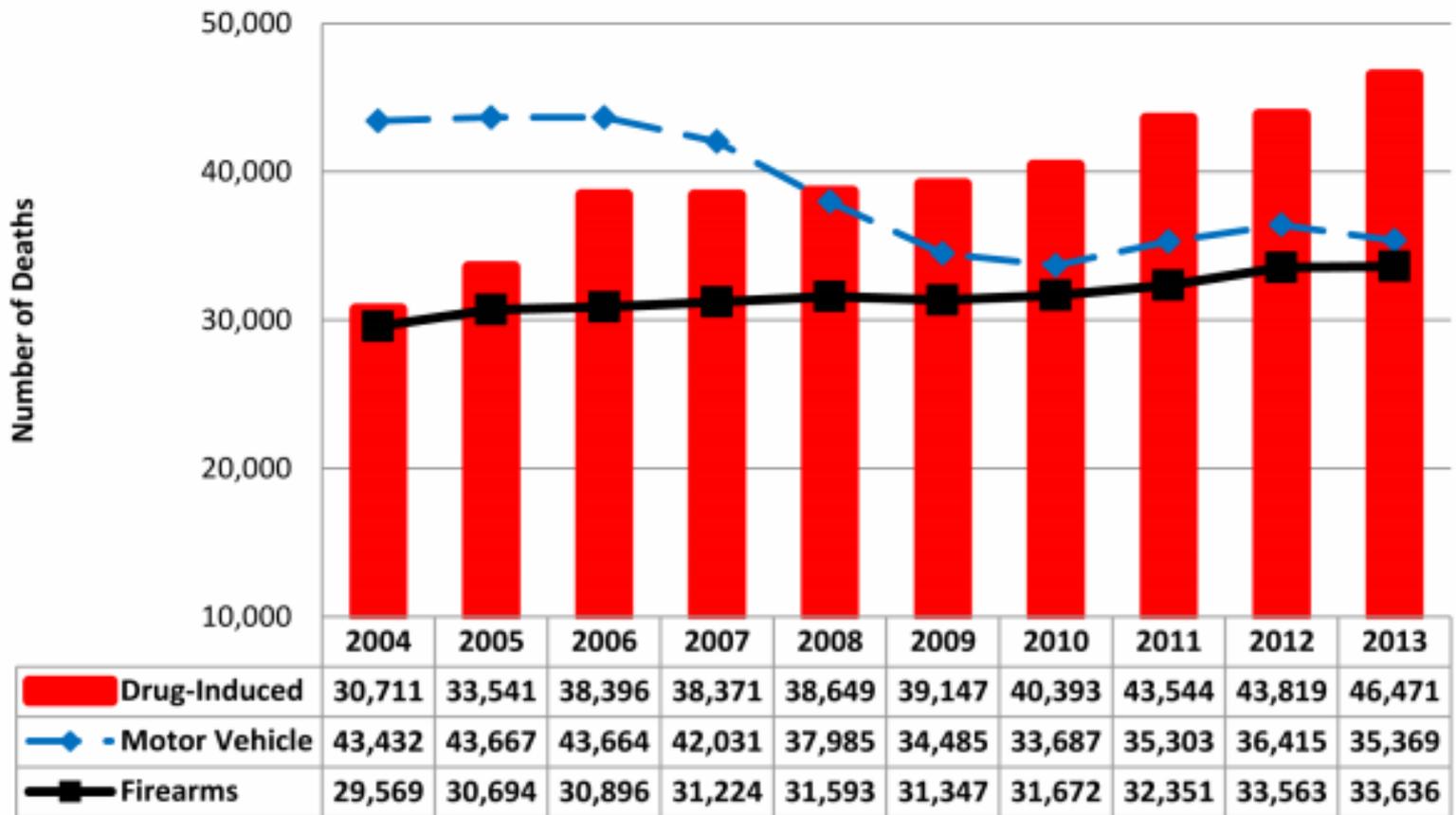


At least
HALF



of all opioid overdose
deaths involve a
prescription opioid.

(U) CHART 1. NUMBER OF DRUG INDUCED DEATHS COMPARED TO THE NUMBER OF MOTOR VEHICLE AND FIREARM DEATHS, 2004 - 2013



SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

RECAP

- ❖ Data is of significant concern
- ❖ Variety of users and variety of drugs being used

Show me the resources.....



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Moves
Smart
Choices**

Smart Moves Smart Choices Web Site

www.smartmovessmartchoices.org

Smart Moves Smart Choices

Get Facts
Take Action
Watch Videos
About Us

Quick Links for:
Parents
Teens
Educators
School Tool Kit

1 in 4 teens
has abused a prescription (Rx) drug.

Take Action Today

start smart
Elementary Schools
Educate children about safe use of medicines to help protect them today.
[Download Tools](#)

Get Smart Take Action
Middle and High School Tool Kit
Educate teens and parents in your community about prescription drug abuse.
[Download Kit](#)

ssmartchoices.org/parents

Educational Videos and Classroom Curricula

Segment 1



Myth Busting

The truth behind teens' common beliefs about prescription drugs and abuse

Segment 2



Science of Addiction

Information on the physical consequences of prescription drug abuse on the developing brain

Segment 3



Changes for Life

First-hand accounts from teens on how prescription drug abuse impacts relationships with family and affects social lives, participation in sports and academics

Segment 4



Media Literacy

Analyzing messages in the media about abuse of prescription drugs by popular figures

Segment 5



What Parents Should Know

Information for parents about prescription drug abuse, communicating with teens, recognizing signs of abuse and resources

Smart Moves Smart Choices School Toolkit



New Addition



About the Smart Start Tools

The tools include:

- Infographics
- Posters
- Parent Fact and Tip Sheets
- Student Workbooks (K-2 and 3-5)
- Program Overview (for school professionals)



Government Resources

- ❖ **CDC** - Centers for Disease Control and Prevention
- ❖ **DEA** – Drug Enforcement Agency
- ❖ **NIDA** – National Institute on Drug Abuse
- ❖ **ONDCP** – Office of National Drug Control Policy
- ❖ **SAMHSA** – Substance Abuse and Mental Health Services Administration

Private Sector Resources

❖ **CADCA**

❖ **Drug Free America**



Partnership™
for Drug-Free Kids

Where families find answers

Consequences...

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID PAINKILLERS

are

40x

...more likely to be addicted to heroin.



Search SAMHSA.gov Search



Home



Behavioral Health Links
Federal Government
Health and Human Services Agencies
Behavioral Health Agencies
Informational Websites
Self-Help, Peer Support, and Consumer Groups
Self-Help Groups (Addiction)
Peer Support (Mental Health)
Mental Health Consumer Assistance
Consumer Advocates

Behavioral Health Treatment Services Locator

Welcome to the Behavioral Health Treatment Services Locator, a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

PLEASE NOTE: Your personal information and the search criteria you enter into the Locator is secure and anonymous. SAMHSA does not collect or maintain any information you provide.

Enter a starting location:

Go

Or Call
SAMHSA's National Helpline
1-800-662-HELP (4357)
1-800-487-4889 (TDD)

Free and confidential information in English and Spanish for individuals and

Or Watch
Video Tutorial

Click [here](#) for instructional help using the Locator.



Find Help

SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

24/7 Treatment Referral Line
1-800-662-HELP (4357)

Disaster Distress Helpline
1-800-985-5990
Text **TalkWithUs** to 66746

Other Treatment Program Locators

- Find physicians and treatment programs providing buprenorphine for opioid addiction (heroin or pain relievers).
- Find programs providing methadone for the treatment of opioid addiction (heroin or pain



USE DRUGS – GET TREATMENT: Is it that simple?

❖ Cost of Treatment??

- Inpatient and outpatient
- Who pays for it
- Insurance and employment concerns

❖ One and Done??

- Co-morbidity often involved
- 13 percent of 12 years and older had been in treatment **five** or more times previously



Road to Recovery

Addiction Resources in the Northern Shenandoah Valley

Road to Recovery

Addiction Recovery Assistance

HOME

ABOUT US

DRUG TAKE BACK

LOCK UP YOUR MEDS

DRUG TREATMENT COURT

GET INVOLVED

FAQS

FACTS

DONATE

HOME SEEKING HELP ▾ PREVENTION WARNING SIGNS ▾ EDUCATION TREATMENT RESOURCES PERSONAL STORIES 🔍

ABOUT US

What is the Coalition?

The Northern Shenandoah Valley Substance Abuse Coalition (NSVSAC) is a coalition of law enforcement, health care, substance abuse treatment and youth advocacy organizations and families impacted by substance abuse and addiction in the Winchester region. The group formed in May 2014 following a community heroin summit in Winchester convened by the Northwest Virginia Regional Drug Task Force.

The stigma of addiction prevents many from reaching out for help. This website is one of a variety of awareness and education initiatives to inform



Think About It ...

- ❖ If not us, then who?
- ❖ If not now, then when?



Summary and Q & A

PREVENTION WORKS!

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