WHAT YOU NEED TO KNOW ABOUT

PRESCRIPTION & OVER THE COUNTER MEDICINE ABUSE

EMERGING TRENDS

Prescription and over the counter medicine abuse (also known as "pharming") is emerging as a rising trend among teens. Unfortunately, adolescents often perceive Rx or OTC medicines from the local drug store to be safer than illicit drugs. Lack of perception of harm, combined with easy access, can have detrimental and even lethal consequences.

COMMONLY ABUSED R_x & OTC DRUGS

- **Opioids** [pain]
  OxyContin, Percocet (codeine, oxycodone)
  Kadian, Avinza (morphine)
- **Central Nervous System (CNS) Depressants** [anxiety and sleep disorders]
  Mebaral, Nembutal (barbiturates)
  Valium, Xanax (benzodiazepines)
- **Stimulants** [narcolepsy, ADHD, ADD, and obesity]
  Dexedrine, Adderall (dextroamphetamine)
  Ritalin, Concerta (methylphenidate)
- **OTC Cough or Cold Medications** [congestion, cough]
  Coricidin, NyQuil, Robitussin (multi-symptom cold)
  Robitussin, NyQuil (cough syrup)

64% of teenagers who have abused prescription stimulants report getting, buying, or stealing them from friends or relatives. *Source: ONDCP "Prescription for Danger," 2008*

HOW YOU CAN HELP

- Pharmacists/Retailers– Educate employees and customers.
- Health Care Providers– Educate staff, young people and parents.
- Educators– Educate school personnel, students, and parents.
- Law Enforcement– Include medicine abuse into the department's drug abuse training. Be vigilant of pharming parties.
- Parents/Grandparents – Educate yourself and children about the risks.
- Youth– Know the risks. Be a positive role model.

All community sectors play a role in giving clear, consistent, messages about the health, legal, safety, and social consequences of medicine, alcohol and other drug abuse to our youth.

For additional information and resources, please contact Northeast Community Challenge Coalition at necc@cinci.rr.com

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SAFETY TIPS

- Keep track of medication quantities by taking note of the number of pills for each medication.
- Follow instructions only as advised by a pharmacist or doctor.
- Discard old or unused medications.
- Monitor your teen's activities, time online and check credit cards.
- Ensure that parties your teen attends are free of alcohol and drugs.
- Know the risks of mixing alcohol with other drugs.
- Educate others about the risks, which can be just as dangerous and addictive as illicit drugs.
- Contact the Cincinnati Drug and Poison Information Center at 1-800-222-1222

WEBSITE RESOURCES

www.drugfree.org/parent
www.theantidrug.org
www.ondcp.gov
www.freevibe.org
www.teens.drugabuse.gov
www.samhsa.gov

NORTHEAST COMMUNITY CHALLENGE COALITION

Adolescent Substance Abuse Programs, Inc
Alcoholism Council
All Saints School
Archbishop Moeller High School
Area Health Professionals
Area Law Enforcement Agencies
Area Preschools
Area Schools' Parent Associations
Best Buy, Fields Ertel
Blue Ash Air National Guard
Blue Ash Business Association
Blue Ash, City of
Blue Ash Lions
Blue Ash/Montgomery Rotary
Blue Ash Woman's Club
Blue Ash YMCA
Catholic Charities of Southwestern Ohio
Cincinnati Hills Christian Academy
Community Press Newspapers
Dan Beard Council, B.S.A
D.A.R.E.
Faith Organizations
Girl Scouts of Western Ohio
Jewish Family Service
MADD
Montgomery, City of
Montgomery Kiwanis
Montgomery Woman's Club, Inc.
NECC Youth Coalition
Ohio Investigative Unit
Operation Giveback
Sycamore Community Schools
Sycamore Senior Center
Sycamore Township
Symmes Township
TriHealth
UA Parent Connection
UC Raymond Walters College
Ursuline Academy
Youth Services

The mission of the NECC Coalition is to mobilize and coordinate all sectors of the community to work collaboratively in identifying and implementing strategies that promote Healthy Communities ~ Healthy Youth.

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