



Pills Can Kill

Prescription Drug Abuse Handbook

MCKINLEY COUNTY SNAPSSA
Strategic Network of Advocates for the Prevention
of Suicide and Substance Abuse Coalition

WHO ME? COULDN'T BE



ABUSING PILLS

Prescription drug misuse and abuse is the intentional or unintentional use of medication without a prescription, in a way other than prescribed, or for the experience or feeling it causes. Results from the 2013 National Survey on Drug Use and Health (NSDUH) indicate that about 15.3 million people aged 12 or older used pre-

scription drugs for non-medical reasons in the past year, and 6.5 million did so in the past month. This issue is a growing national problem in the United States. Prescription drugs are abused and misused more often than any other drug, except marijuana and alcohol.

This growth is fueled by misperceptions about their safety, increasing availability, and varied motivations for their use from countering anxiety and helping sleep problems to getting high. A 2011 analysis by the Centers for Disease Control and Prevention found that opioid analgesic (painkiller) sales

increased nearly four-fold between 1999 and 2010; this was paralleled by an almost four-fold increase in opioid (narcotic pain medication) overdose deaths and substance abuse treatment admissions almost six times the rate during the same time period.

Prescription drug abuse-related emergency department visits and

treatment admissions have risen significantly in recent years. Other negative outcomes that may result from prescription drug misuse and abuse include overdose and death, falls and fractures in older adults, and, for some, initiating injection drug use

with resulting risk for infections such as Hepatitis C and HIV. According to results from the 2013 NSDUH report, 12.5% of new illegal drug users began with prescription pain relievers.

High Schoolers use
Rx painkillers to get
high more than any
other drug except
marijuana.

Source: NM YRRS- Youth Risk & Resiliency Survey

Source: <http://www.samhsa.gov/prescription-drug-misuse-abuse>
Source: <http://healthyamericans.org/reports/drugabu>

steps you can take to safeguard the medicine in your home



1. Monitor



2. Secure



3. Dispose

Where do teens who abuse pain relievers usually get them?

- A. Doctor
- B. Internet
- C. Drug Dealer
- D. Home or Friend's Home

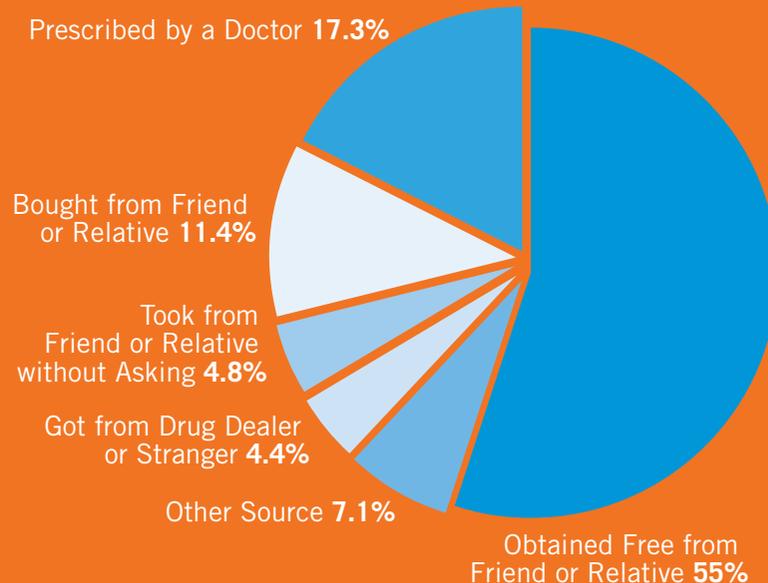
Answer: D

Be aware of the medications that you have at home. Do you know how medications are stored in homes of family members or friends where your child spends time?

Two thirds of teens who report abuse of prescription pain relievers are getting them from family, friends, or acquaintances.

The easiest way for teens to obtain prescription medicines is from their friends or their parent's medicine cabinet.

People who abuse prescription painkillers get drugs from a variety of sources





MONITOR MEDICATIONS

Would you know if your pills were missing?

Always know how many pills are in your prescription bottles; keep a written inventory to keep track.

Keep track of your refills— both for your own medicine and for your children and other members of your household. Needing to get refills more often than you should is a red flag.

Pay especially close attention to medications that are commonly abused (stimulants, sedatives, and tranquilizers— ask your doctor or pharmacist if any of the medicines you get fit these categories.)



Medicine Inventory Sheet

Help prevent the abuse and misuse of prescription medicines to keep them safe.
Store your prescription medicines to keep them safe
Never share your medicines with anyone— never take medicine that wasn't intended for you.
See the following pages to learn about how to dispose of your medicines properly.

Name of Family Member	Medication Name	Date Received	Dosage Strength	Quantity in Bottle	Frequency (how often taken)	Reason for Taking	Prescribing Physician	Discard By



SECURE MEDICATIONS

Lock Up and Storage Information

1. If there are no teenagers living in the house, you don't need to worry about protecting prescription medicine.

True or False

2. The best place to keep medicine is in the bathroom medicine cabinet.

True or False

1: False: Even people who live alone or do not have children or young adults in their households should safeguard their medicine, since people age 12 and older who abuse pain medicine say they get it from a friend or relative.

2: False: The bathroom medicine cabinet is NOT a good place to store prescription medicine, especially medicines with abuse potential, such as strong pain medicine and stimulants. These should be locked in a storage container, drawer or cabinet. Besides, the changes in heat and humidity in bathrooms can damage them. Instead, you should store medicine in a cool, dry, and locked place.



Safeguard Medicine in Your Home

Protect Your Kids: Steps to Safeguard Your Home

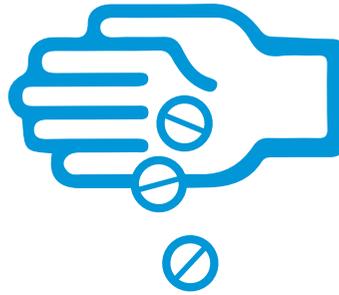
- Two-thirds of teens who report abuse of prescription medicine are getting them from friends, family and acquaintances. Make sure the teens in your life don't have access to your medicine. Find out how to monitor, secure and properly dispose of unused and expired prescription and over-the-counter cough medicine in your home.
- Approach securing your prescriptions the same way you would other valuables in your home, like jewelry or cash. There's no shame in helping protect those items and the same holds true for your medicine.
- Take prescription medicine out of the medicine cabinet and secure them in a place only you know about.
- If possible, keep all medicine, both prescription and over-the-counter, in a safe place, such as locked cabinet your teen cannot access.
- Tell relatives, especially grandparents, to lock their medicine or keep them in a safe place.
- Talk to the parents of your teenager's friends. Encourage them to secure their prescriptions as well.
- Keep prescription medicine in a secure place, count and monitor the number of pills you have and lock them up – and ask your friends and family members to do the same.

<http://safeguardmy meds.org/whats-your-prescription-medicine-i-q/index.html>

REMEMBER:

Keep medications in a safe place. When your child was a toddler, you probably kept powerful chemicals out of reach. Take the same approach with your medications. Your kids are just as curious as teens as they were as toddlers and peer pressure can be an added driving force.





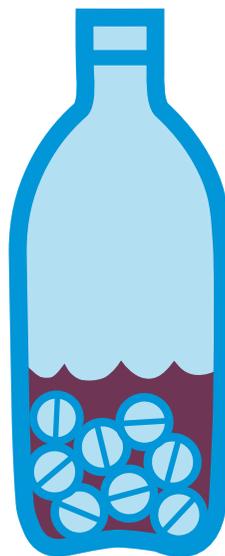
DISPOSING OF MEDICATIONS

Solid Medications (Pills or Capsules)

Place tablets and capsules in a disposable container such as a plastic milk container or two liter bottle.

Add water with bleach to the container until contents are completely covered.

Close the lid of container and secure with duct or packing tape. Place the container in the trash.



Liquid Medications

Add cat litter, dirt or any other substance (i.e.: coffee grounds, saw dust, sand, flour) to prevent someone from using the medication.

Close the lid of the disposable container or medication container and secure with duct or packing tape.

Place the container in the trashcan for disposal at the landfill.

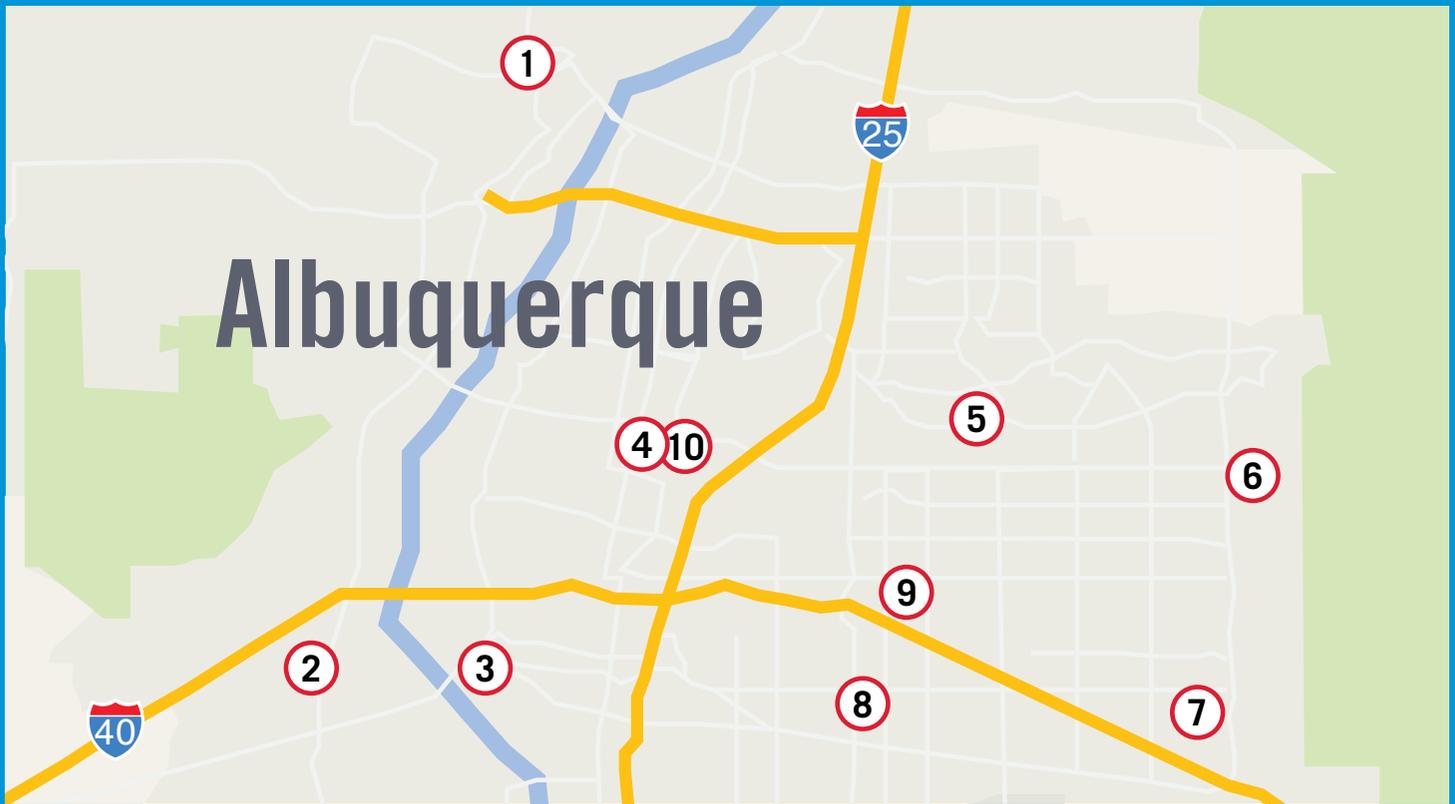
Sources found on p.16

DO NOT FLUSH IT

Do NOT flush or pour your medications down the toilet or sink! More than 100 different pharmaceuticals currently taint many lakes, rivers, reservoirs and streams throughout the world.

And do NOT toss your medications directly into the garbage! Children and pets can get into the trash and ingest the medication accidentally.





Safe Disposal Sites in Albuquerque

The next time you make a trip to Albuquerque, various police stations around the city have places to receive your pills safely (no liquids, syringes, medical waste, or inhalers).

1. Remove pills from bottles or containers
2. Place loose pills in a sealed Ziploc bag and drop it off

Police Departments

Monday through Friday 8:00am–5:00pm
Only accepts pills. No liquids, syringes, medical waste, or inhalers.

- 1. Northwest Area Command**
10401 Cibola Loop NW (505) 768-4850
- 2. Southwest Area Command**
6404 Los Volcanes Rd NW (505) 831-4705
- 3. Old Town Community Substation**
2060 Central Avenue SW (505) 244-6643
- 4. Valley Area Command**
5408 2nd St. NW (505) 761-8800
- 5. Northeast Area Command**
8201 Osuna Rd NE (505) 823-4455
- 6. James Dwyer Memorial Substation**
12700 Montgomery NE (505) 332-5254
- 7. Foothills Area Command**
12800 Lomas NE (505) 332-5240
- 8. Southeast Area Command**
800 Louisiana SE (505) 256-2050

- 9. New Mexico Department of Public Safety**
6301 Indian School NE Suite 310
Monday through Friday 8:00am–5:00pm
Can discard unused and expired medications

- 10. Metropolitan Forensic Science Center**
5350 2nd ST NW
(behind Gerald Cline Memorial Police Substation)
Monday through Friday 8am–5pm
(505)-823-4200

SHARING IS NOT CARING

Parents may be sending mixed signals to teens, as 1 in 5 parents indicate that they have given their teen a prescription drug that was not prescribed to them.

Practical Advice for Parents

As a parent, teach your teen to:

- Respect the power of medicine and use it properly
- Recognize that all medicines, including prescription and over-the-counter medications including vitamins, and herbals, have risks along with benefits. The risks tend to increase dramatically when medicines are abused.
- Take responsibility for learning how to take prescription medicines safely and appropriately, and seek help at the first sign of a problem for their own or a friend's abuse.
- peer pressure and what to do when faced with such a situation.
- Medications are powerful drugs that can be very beneficial when taken properly under a doctor's supervision, but experimenting with prescription drugs, even once, can lead to an overdose or death.
- Explain that these risks increase dramatically when drugs and/or alcohol are mixed.

Communication is KEY!

Take time to talk to your teen so that they know the following:

- Taking ANY prescription medication that is not prescribed to them by a doctor is drug abuse and it is dangerous.
- Be aware of the kinds of parties your children go to. "Skittles" parties where kids experiment with their grandparents' or parents' medications can have fatal consequences. Talk to them about how to handle

Did you know?

Some cough and cold medicines have ingredients that can alter the mind when taken at a higher-than-recommended doses and are abused by teens because of this effect.

Over-the-Counter Medications

Some cold medications to be aware of are cough suppressants such as dextromethorphan (Delsym®) and promethazine (Phenergan®) or codeine combinations (e.g. T#3, Tylenol #3, Soma®) as well as the expectorant guaifenesin (Mucinex®). Dextromethorphan and guaifenesin and their combinations (e.g. Corcidin HBP®, Triaminic®, Vick's Nyquil®, Dimetapp®) can be easily



bought at any drug store, but codeine combinations are harder to buy because you need a prescription.

Children and teens who abuse medications such as cough and cold medicines call this practice **robotripping** or **skittling**. To avoid nausea caused by high doses of guaifenesin, young people may instead abuse Coricidin HBP Cough and Cold capsules (a.k.a. C-C-C or triple-C). Drinking promethazine-codeine cough syrup mixed with soda or alcohol (a combination called syrup, sizzurp, purple drank, barre, or lean) can be extremely dangerous.

Some health effects of abusing cough and cold medicines are the following:

- Decreased motor function
- Numbness
- Nausea/vomiting
- Increased heart rate and blood pressure
- Extreme agitation
- Increased body temperature
- Build-up of too much acid in bodily fluids
- Liver damage
- Inability to get enough oxygen to the brain
- Problems breathing and/or lack of oxygen to the brain

<http://medicineabuseproject.org/assets/documents/SMA12-4676B1.pdf>
<https://ncadd.org/learn-about-drugs/faqsfacts>
<http://www.drugabuse.gov/publications/drugfacts/cough-cold-medicine-abuse>



MEDICATIONS AT SCHOOL

If your child is taking a prescription or nonprescription medication, please contact your local school health assistant and ask for the Policy for Administration of Medications in the school. An *Authorization Medication Form* will need to be filled out and signed by a medical provider who is prescribing the medication to your child. If medications must be given during school hours, written policy and State laws must be followed. This applies to prescription and nonprescription medications alike.

More than 7 percent of American school children are taking at least one medication for emotional or behavioral difficulties and approximately 81% of children with emotional or behavioral problems have been diagnosed with attention deficit hyperactivity disorder (ADHD) at some point in their lives.

(Use of Medication Prescribed for Emotional or Behavioral Difficulties Among Children Aged 6-17 years in the United States, 2011-2012)

Ask your pharmacist to provide two medication containers, one for home and one for school with medication administration instructions.

Prescription medication(s) will need to be labeled or have an original manufacturer's container label including an expiration date.

Any classified controlled substance is not allowed to be carried by a student or minor to school.

All medications are in a secure medicine cabinet with the exception of emergency medications.

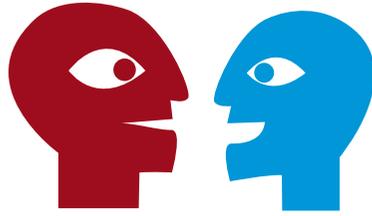
If possible, all medications should be given at home under the supervision of a parent or legal guardian.

If you need to contact Gallup McKinley County Public School Nursing Services for more information, please call 505-721-1000 and ask to be directed to Nursing Services or speak to your local school health assistant. The policy for administration of medications may vary from school to school, so talk to your local school nursing services to get the most accurate information.

LEARN MORE about medications for childhood emotional and behavioral problems from the American Academy of Child and Adolescent Psychiatry website: www.aacap.org

Link to the medication authorization form McKinley Co schools:

www.gmcs.k12.nm.us/download.axd?file=32d55a34-d761-42c7-b6c0-fa5d-7620b668&dnldType=Resource



WHAT CAN I DO AS A PARENT?

Can talking with your children help prevent them from abusing prescription medications? Yes!

When children are taught about the dangers and risks of drugs in the home they are 50% less likely to abuse those drugs; however, only 22% of teenagers say they have ever had a conversation with their parents about the dangers of taking prescription drugs without a doctor's prescription.

How do you start a conversation with your teen about the dangers of prescription drugs?

Don't have the "big drug talk." Talk to your children in smaller, frequent conversations about the harm of drugs in an age-appropriate way.

Find out what your children already know. What have they learned about drugs and prescription drugs at school? From their friends?

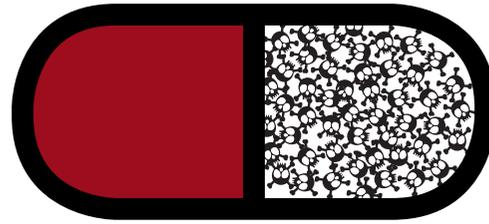
Set a clear understanding with your family about the expectations around all substance abuse. Children often will fall back on family rules about substance abuse when they are offered drugs.

Check out the web for booklets that can walk parents or grandparents through these conversations, such as the *Family Checkup—Positive Parenting Prevents Drug Abuse* from www.drugabuse.gov/family-checkup and http://medicineabuseproject.org/assets/documents/Parent_talk_kit_2014_.pdf

Other things parents and grandparents can do:

Get to know your children and their friends. When children feel like they have a close relationship with their parents they are less likely to disappoint them.

Be a good example! Prescription drug abuse is a problem for adults as well. 27% of parents state that they have taken prescription drugs without a prescription from their doctor. This sets a dangerous example. Be a good role model and don't take prescription medications that your doctor did not prescribe for you.



Signs and Symptoms of Addiction

Did you know?

According to the Center for Disease Control (CDC), one hundred people die from drug overdoses every day in the United States.

How do prescriptions painkiller deaths occur?

Prescription painkillers affect pain receptors in the brain so that the feeling of physical pain is less intense. As a result, these drugs can create a 'high' or feeling of euphoria. Also, they can cause physical dependence which can lead to addiction.

A person who is abusing prescription painkillers can overload the receptors in the brain making them less sensitive to the effect of the painkiller. As a result, a person will need to take more and more painkillers to feel that 'high' or euphoria. Since their body has become used to the painkiller, the body may go

into withdrawal if they do not continue taking the amount their body has become used to. Some signs of withdrawal are the following: anxiety, sweating, seizures, tremors, difficulty breathing, insomnia. Large doses of painkillers can also cause a person's breathing to slow down so much that they can stop breathing, resulting in an overdose.

Empower Yourself!

Recognizing the Signs of Prescription Drug Abuse

The best way to prevent prescription drug abuse is to first educate yourself. That way, you can accurately and adequately present the facts when talking to your child.

Sources found on p.16

Signs of Drug Abuse:

- Fatigue, red or glazed eye, and repeated health complaints
- Sudden mood changes, including irritability, negative attitude, personality changes and general lack of interest in hobbies/activities
- Secretiveness and withdrawing from family
- Sleeping excessively or at unusual times
- Cash, valuables or medication missing from the home
- Additional filled prescriptions on your pharmacy record that you did not order
- Loss of interest in appearance, sports, or social activities

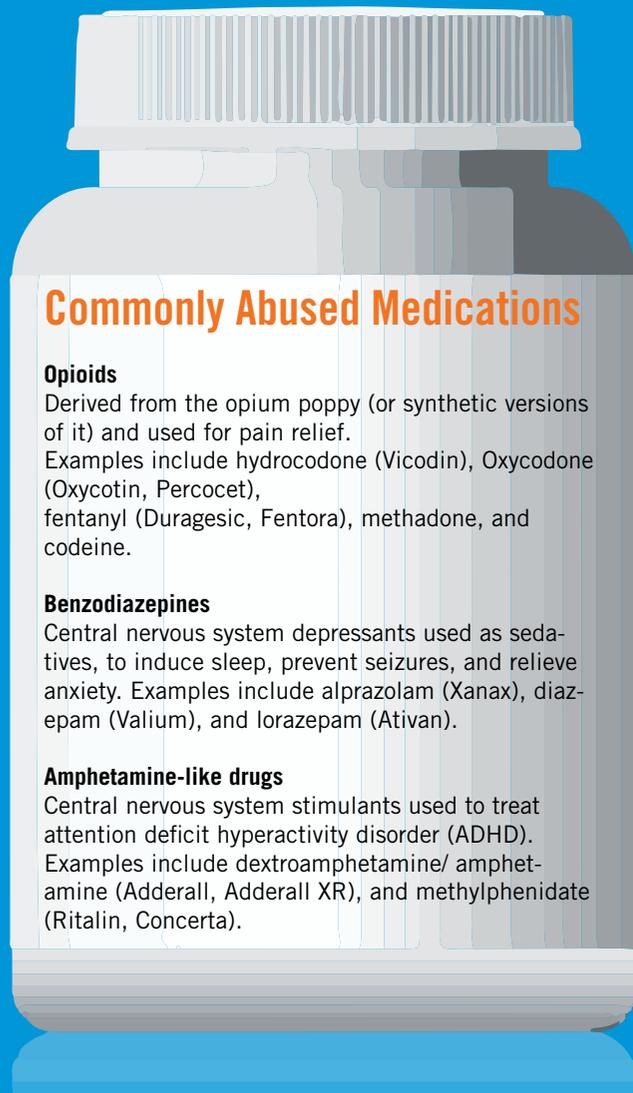
GET HELP!

If you think your child has a problem with prescription medicine abuse, please visit drugfree.org/get-help or call Parents toll free helpline to speak to a parent specialist at 1-855-DRUGFREE (1-855-378-4373)

What are the risks?

There are both immediate and long-term risks to prescription drug abuse. In the short term, overdosing can be fatal and lead to death. In the longer term, prescription painkillers have been proven to be addictive. Relying on prescription medications at a young age to help 'manage' life's struggles can establish a lifelong pattern of dependency and prevent teens from learning coping skills.

Sources found on p.16



In 2011, NM was the second highest state for deaths caused by drug overdose.

In McKinley County, 53% of deaths by unintentional overdose were caused by Rx drugs and 18% were caused by a combination of rx and illicit drugs.

Source: New Mexico Substance Abuse Epidemiology Profile
Substance Abuse Epidemiology Section
Injury and Behavioral Epidemiology Bureau
Epidemiology and Response Division
New Mexico Department of Health
August 2014

HEALTHCARE HELP

What are healthcare facilities doing to prevent the abuse of prescription medications?

Local healthcare facilities are taking action to reduce the risk of prescription drug abuse and ensure patient safety.

Before a doctor orders a narcotic or other pain medication, the patient's name is entered into a data base that other doctors can check before ordering more medications for a patient. This helps prevent people from getting multiple prescriptions from many different providers or doctors, and reduces potential harm to the patient. Many states often share this data base.

Many healthcare facilities will help patients who have chronic pain by enrolling them into a "Pain Clinic". These clinics help patients get needed pain relief, offer non-medicine pain relief, safety screenings, monitoring, co-ordination of care, and timely follow up. Often these pain clinic patients will have regular and random urine drug screens and pill counts. Pain Clinics help ensure that patients are not using other drugs or medications that are unsafe when used together, and monitor

for safe levels of the medications given by their doctor. The pharmacist often works alongside the patient's primary care provider to ensure that the patient's pain medication therapy is the best combination for each patient.

Recently healthcare providers have been offering educational classes on a medication called "Naloxone." This medication can be used by a family member or friend (a rescue buddy) in an emergency situation to help someone who has overdosed on pain medications and are no longer awake or breathing well. (Naloxone is only given to people that have attended an educational training session.) Many providers are beginning to require chronic pain patients and a rescue buddy to attend these classes in order to continue on pain medications. Ask your health care provider or contact the McKinley County Public Health Office (see next page) to see about getting naloxone training for you and your family.

Sources for *Disposing of Medication* Section, pp. 8-9

Dispose My Meds. Available at <http://disposemymeds.org> Accessed Feb. 15, 2011.
Secure and Responsible Drug Disposal Act of 2010 Available at http://www.deadiversion.usdoj.gov/drug_disposal/non_registrant/s_3397.pdf Accessed Feb 15, 2011
Office of National Drug Control Policy. Teens and Prescription Drugs. Available at http://www.theantidrug.com/pdfs/TEENS_AND_PRESCRIPTION_DRUGS.pdf Accessed Feb 15, 2011
NAAG. Drug Takeback Programs- National Day Planned. Available at <http://www.naag.org/drug-takeback-programs-national-day-planned.php> Accessed April 13, 2015.
DEA. Drug Disposal. Available at http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html Accessed April 13, 2015
New Mexico Board of Pharmacy. Drug Disposal. Available at <http://www.rld.state.nm.us/pharmacy/disposal.html> Accessed Feb 15, 2011
Arthritis. How to Safely Dispose of Unused Medications. Available at <http://arthritis.about.com/od/arthritismedications/ht/disposemeds.htm?p=1> Accessed Feb 15, 2011
Prescription Drug Abuse. How to Safely Dispose of Post-treatment Medications. Available at <http://prescription-drug-abuse.com/drug-abuse-articles/how-to-safely-dispose-of-post-treatment> Accessed Feb 15, 2011.

USA Today AP. Drugs found in drinking water. Available at http://www.usatoday.com/news/nation/2008-03-10-drugs-tap-water_N.htm Accessed Feb 15, 2011
Google Images

Sources for *Signs and Symptoms of Addiction* Section, pp.14-15

National Council on Alcoholism and Drug Dependence, Inc. <https://ncadd.org/learn-about-drugs/faqsfacts>
Mayo Clinic. <http://www.mayoclinic.org/diseases-conditions/drug-addiction/basics/symptoms/con-20020970>
Help Guide. <http://www.helpguide.org/>
CDC. National Center for Injury Prevention and Control Division of Unintentional Injury Prevention. <http://www.cdc.gov/HomeandRecreationalSafety/pdf/PolicyImpact-PrescriptionPainkillerOD.pdf>
Safe Guard My Meds. <http://safeguardmymeds.org/>
<http://www.mayoclinic.org/diseases-conditions/drug-addiction/basics/symptoms/con-20020970>
<http://www.helpguide.org/articles/addiction/drug-abuse-and-addiction.html>
<http://www.cdc.gov/HomeandRecreationalSafety/pdf/PolicyImpact-PrescriptionPainkillerOD.pdf>

RESOURCE PAGE

National Resources

National Institute on Drug Abuse	www.drugabuse.gov
NIDA— Family Checkup	www.drugabuse.gov/family-checkup
Centers for Disease Control & Prevention	www.cdc.gov
PACT 360— Community Education Programs	http://pact360.org/home
Partnership for drug free kids	http://medicineabuseproject.org/
Parent Talk Kit PDF	http://medicineabuseproject.org/assets/documents/Parent_talk_kit_2014_.pdf
Toll-Free Parent Help Line:	1-855-DRUGFREE (378-4272) www.drugfree.org/get-help/helpline/

If you or a family member is facing a substance abuse or mental health issue, call the Substance Abuse and Mental Services Administration at 1-800-662-HELP (4357)

New Mexico Resources

New Mexico Prevention Network	www.nmpreventionnetwork.org
Agora Crisis Center	1-833-HELP 1NM (435-7166) http://www.unm.edu/~agora/
NM CRISIS & ACCESS LINE— 24hrs/ 7days	1-855-662-7474
NM POISON CONTROL	1-800-222-1222

McKinley County Resources

McKinley County Public Health Office	(505) 722-4391
Gallup Indian Medical Center, Gallup NM	(505) 722-1000
Rehoboth McKinley Christian Health Clinic, Gallup, NM	(505) 863-1820
Tohatchi Health Center, Tohatchi, NM	(505) 733-8415
Crownpoint Health Center, Crownpoint, NM	(505) 786-5291
Thoreau Health Center, Thoreau, NM	(505) 862-8250
Pinehill Health Center, Pinehill, NM	(505) 775-3248
Zuni Comprehensive Community Health Center Zuni, NM	(505) 782-7312

SNAPSSA Partnering Agencies and Members

Big Brothers & Big Sisters of Northern NM
Blue Cross, Blue Shield
Boys & Girls Club
Children Medical Services
Crownpoint Probation & Corrections Office
Department of Highway and Safety
Gallup-Area Navajo Nation Health Promotion; Educators;
Gallup Indian Medical Center— Public Health Nursing; Pharmacy; Injury Prevention; Office of Environmental Health; HPDP/MSPI Program; Navajo Area Injury Prevention;
Gallup McKinley County Schools – Gallup Middle School; Gallup High School SHAC; Miyamura High School Patriot News; Gallup Police Department
Hands of Hope
Hozho Center
IHeartMedia

Juvenile Probation Office
McKinley County— DWI Program; Health Alliance; JSACC; Sheriff's Department; Youth & Parents; Youth Treatment Court
Navajo Nation Health Educator
Navajo Nation Police Department-Crownpoint Division
NM CYFD
NM Department of Health- Health Promotions; School Health Advocate
Ramah-Navajo Police Department
Thoreau Community Center
Tohatchi Health Center
Western New Mexico University-Gallup Campus
Zuni IHS Pharmacy
Zuni Police Department
Zuni Recovery Center



McKinley County Strategic Network of Advocates for the Prevention of Suicide and Substance Abuse Coalition



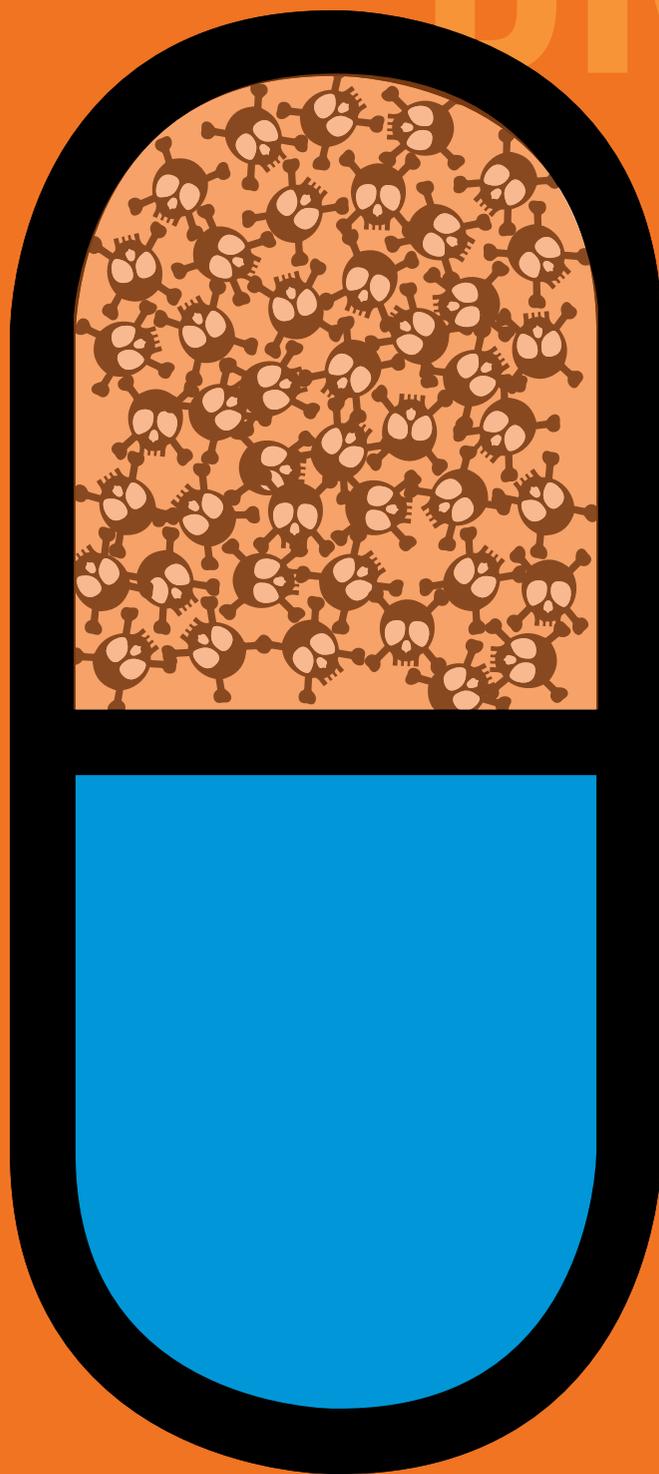
The mission of **SNAPSSA** is to serve as a multi-agency coalition to reduce the risks and increase the resiliency of underage drinking and prescription misuse and abuse among youth.

Goal: Reduce prescription drug misuse and abuse among persons 12 to 25 years olds

SNAPSSA is funded through the Partnership for Success II Grant. Meetings are held every second Wednesday of each month at 2:00 pm.

Contact **SNAPSSA** Coordinator at 505-726-8249 for meeting locations as we tend to move our meeting to different places such as Crownpoint, Gallup, Ramah, Thoreau, Tohatchi, and Zuni.

PRESCRIPTION
DRUGS



ARE STILL DRUGS