

What can YOUTH do about Rx Drug Abuse?

Reducing Social Access and Increasing Capacity



Scope of the Problem



- 6.4 Million Americans abused Rx drugs in 2012.
- A majority of them got those drugs from their family or a friend's medicine cabinet.
- Most teens who misuse prescription painkillers are given them for free by a friend or relative.

Lasting Effects



- Recently, prescription painkillers have resulted in more deaths than cocaine and heroin COMBINED.
- Four in five new heroin users started out misusing prescription painkillers.

Local Conditions

Ferry County in 2014

	Using Rx drugs to get high in the past 30 days	Using Rx drugs not prescribed to them
8 th grade	4%	U
10 th grade	2%	5%
12 th grade	U	U

Ferry County in 2016

	Using Rx drugs to get high in the past 30 days	Using Rx drugs not prescribed to them
8 th grade	U	U
10 th grade	17%	29%
12 th grade	8%	7%

Local Conditions

Ferry County in 2014

	Using Rx drugs to get high in the past 30 days	Using Rx drugs not prescribed to them
8 th grade	4%	U
10 th grade	2%	5%
12 th grade	U	U

Ferry County in 2016

	Using Rx drugs to get high in the past 30 days	Using Rx drugs not prescribed to them
8 th grade	U	U
10 th grade	17%	29%
12 th grade	8%	7%

Local Conditions

Washington State in 2014

	Using Rx drugs to get high in the past 30 days	Using Rx drugs not prescribed to them
8 th grade	2%	4%
10 th grade	5%	8%
12 th grade	6%	9%

Washington State in 2016

	Using Rx drugs to get high in the past 30 days	Using Rx drugs not prescribed to them
8 th grade	2%	5%
10 th grade	4%	8%
12 th grade	5%	9%

Now It's Your Turn!

- Whose support do you need to succeed?
- How are you going to increase community readiness?
- What strategies can you use?
- What resources do you need?



Increasing Community Readiness for Action

- Document and share evidence of problem
- Community Conversations about problem behavior



What one group of teens did to tackle the problem

- ✓ Applied for a CPWI Enhancement grant
- ✓ Researched drug take-back programs
- ✓ Developed partnership with Republic City Police
- ✓ Earned Republic City Council endorsement



What one group of teens did to tackle the problem

- ✓ Launched the Awareness Campaign
 - Count It!
 - Lock It!
 - Drop It!
- ✓ Distributed medication lock boxes



Spread the Word

- Social Media Tools
- Old School Flyers
- Unusual Advertising

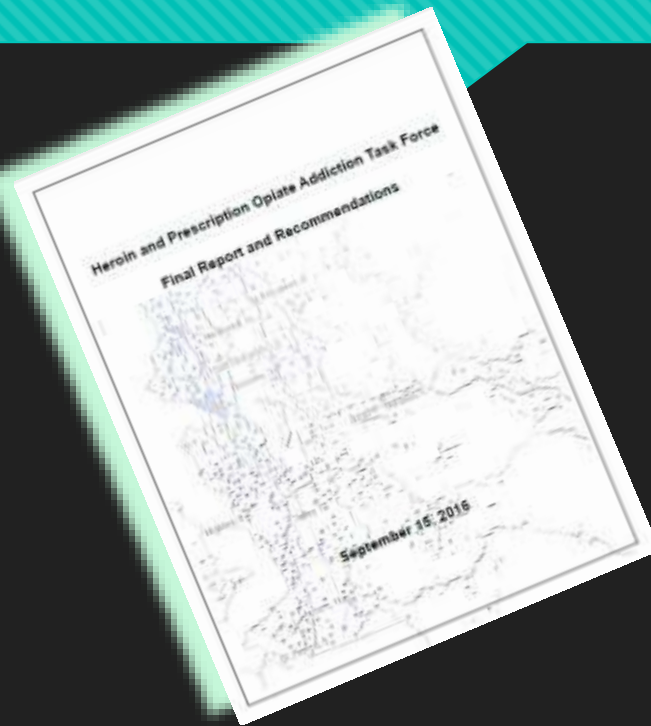


Too Much Success

- Be prepared for too much of a good thing!
- Considerations for adoption of a drug take-back program



King County Heroin and Prescription Opiate Task Force – Primary Prevention Workgroup



Infographics

View

View

View

View

Download a printable PDF version of all four infographics together: [Download \(PDF\)](#)

Document library

Resources

Task Force Meeting Materials

King County HEROIN AND OPIATE ADDICTION TASK FORCE RECOMMENDATIONS

PREVENTION

Increase awareness of the possible adverse effects of opioid use, including overdose and opioid use disorder.

Promote safe storage and disposal of medications.

Work with schools and health care providers to improve screening practices so we can prevent and identify opioid use.

Opioid Medication & Pain - Flyer



Opioid Medication & Pain: What You Need to Know

If you've had an injury, surgery or major dental work, you are likely to have pain. Pain is a normal part of life and healing. Talk with your doctor about how you can get the most effective pain relief with the least risk.

NON-OPIOID PAIN TREATMENTS HAVE FEWER RISKS

For pain that will likely be gone in a week or two, it is always best to start with non-opioid pain treatments. Opioids may help control pain at first, but they are usually not necessary. Consider other options that may work just as well but have far fewer risks.

- Over-the-counter pain relievers
- Physical therapy
- Exercise
- Professional help coping with the emotional effects of pain

OPIOIDS ARE STRONG PRESCRIPTION MEDICATIONS

Opioids can be the right choice for treating severe pain, such as from cancer or immediately after major surgery. However, medications such as Vicodin, Percocet and OxyContin are very powerful and can be deadly. Even if you take them as directed, ALL opioids have serious side effects such as addiction and overdose.

OPIOIDS ARE CHEMICAL COUSINS OF HEROIN AND ARE HIGHLY ADDICTIVE

You can build up a tolerance to opioids over time, so you need to take more and more to get the same relief. The higher the dose, the more dangerous opioids are. You can even become addicted after a short time.

Commonly prescribed opioids:

- Codeine
- Dilaudid
- Fentanyl
- Hydrocodone (Vicodin)
- Hydromorphone
- Methodone
- Meperidine
- Morphine
- MS Contin
- Oxycodone (Opana)
- Oxycodone (OxyContin)
- Percocet

These are only some of the prescription opioids. If you get a prescription for pain, ask your doctor if it is an opioid.

If you are prescribed an opioid for short-term pain:



The prescription should only be for a three- to seven-day supply (often this is as few as 10 pills).



Take the lowest dose possible for the shortest period of time.



Always talk with the doctor about managing your pain better without taking prescription opioids.



Dispose of opioid medicines as soon as you stop using them.*

*King County has dozens of pharmacies that can dispose of your unused medications for free. Find the one closest to you at www.takebackyourmeds.org.

www.WashingtonHealthAlliance.org www.BreeCollaborative.org



Opioids Facts & Figures

THE OPIOID EPIDEMIC

Drug overdose is the **leading cause** of accidental death in the US and in Washington state, and opioid addiction is driving the epidemic.

American Society of Addiction Medicine



More than 3 out of 5 drug overdose deaths involve an opioid.

Centers for Disease Control and Prevention



Nationally, 4 in 5 new heroin users started out misusing prescription painkillers.

American Society of Addiction Medicine



In Washington, 57% of people currently using heroin were dependent on prescription opioids before they began using heroin.

UW Alcohol and Drug Abuse Institute

TEENS AND OPIOIDS

1 in 5 teens experiment with prescription drugs.

Centers for Disease Control and Prevention



Nearly **half** of young people who inject heroin started off abusing prescription drugs.

National Institute on Drug Abuse



More than 4 in 10 teens who misused or abused a prescription drug took it from their parent's medicine cabinet.

Partnership for Drug-Free Kids



95% of parents believe their child has never taken a prescription drug for a reason other than its intended use.

Partnership for Drug-Free Kids

KEEPING KIDS & TEENS SAFE

Sometimes kids and teens are prescribed opioids when they shouldn't be. Or they may be given a prescription for more pills than they need. Teens may also experiment with drugs they find in your medicine cabinet. Follow these 3 simple guidelines whenever possible:

1 DON'T FILL a prescription for more than a 3-day supply (maximum 10 pills) for anyone 20 years old or younger.

2 SECURELY STORE opioids away from kids and teens.

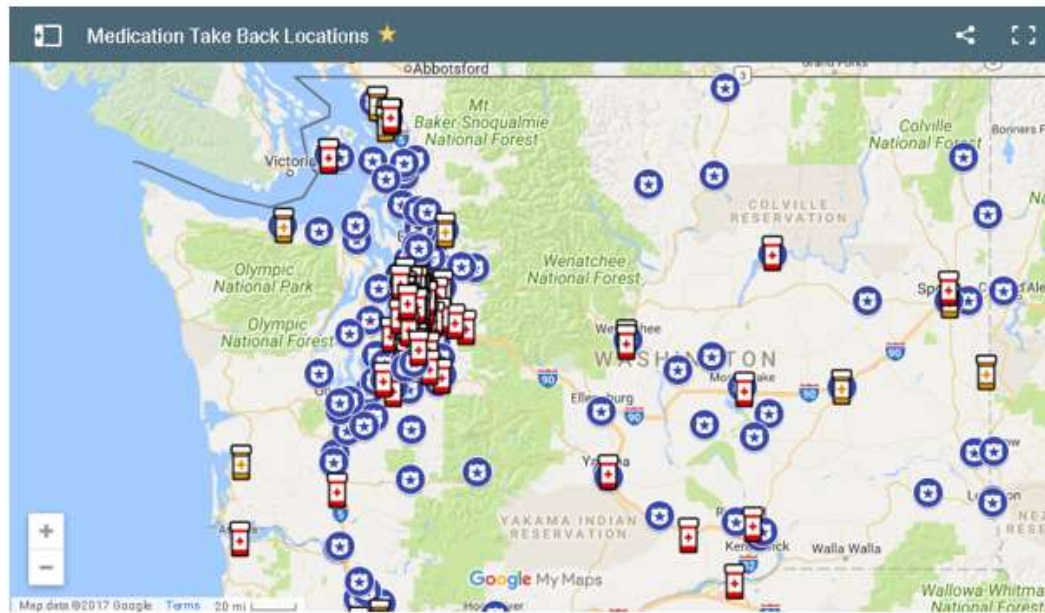
3 SAFELY DISPOSE* of extra opioids when you are done. Don't keep them around.

*King County has dozens of pharmacies that can dispose of your unused medications for free. Find the one closest to you at www.takebackyourmeds.org.

www.WashingtonHealthAlliance.org www.BreeCollaborative.org

Find a Medicine Take-Back Location

By Map



By List

Find a Drop-Box

Drop boxes are located throughout Washington at participating retail pharmacies, hospital and clinic pharmacies and law enforcement offices. Heat prescription and over-the-counter medications are accepted unless specified.

* Not all pharmacies accept controlled substances such as pain medications.

Search or Sort by City/County/Zip code

Search:

Location Type	Name	City	County	Address	Zip
Accepts Non-Controlled only	Etzville Drug Company	Etzville	Adams	209 W Main Ave, Etzville	99128
Law Enforcement	Othello City Hall	Othello	Adams	100 E Main St, Othello	99154
Law Enforcement	West Richland Police	West Richland	Benton	3805 Van Giesen St, West Richland	99171
Law Enforcement	Barnesville Police Department	Barnesville	Benton	211 W 6th Ave, Barnesville	99156
Pharmacy	PHH Medical Center	Prosser	Benton	721 Memorial St, Prosser	99158
Law Enforcement	Chelan County Sheriff	Wenatchee	Chelan	401 Washington St # 101, Wenatchee	98801
Pharmacy	Confluence Health	Wenatchee	Chelan	820 W Chelan Ave, Wenatchee	98801
Pharmacy	Confluence Health	Wenatchee	Chelan	1201 S Miller St, Wenatchee	98801
Law Enforcement	Saginaw Police Department	Saginaw	Columbia	112 W Cedar St, Saginaw	99180
Law Enforcement	Columbia County Sheriff	Port Angeles	Columbia	221 E 4th St #12, Port Angeles	98342
Accepts Non-Controlled only	Bark Pharmacy & Home Health	Port Angeles	Columbia	424 E 2nd St, Port Angeles	98342
Law Enforcement	La Center Police Department	La Center	Clark	101 W 5th St, La Center	98629
Law Enforcement	Walla Walla Police Department	Walla Walla	Clark	110 N Main Ave, Walla Walla	99140
Law Enforcement	Vancouver Police Department West Precinct	Vancouver	Clark	2890 NE Stoughton Rd, Vancouver	98661

For questions about Take-back locations in King county, please visit [King County Secure MedicineReturn](http://www.kingcounty.gov/securemedicine/return).

Opioid Overdose Reversal - Naloxone



Injectable



Auto-injector



Intranasal



Nasal spray

<http://stopoverdose.org/>

WA Good Samaritan Law...Means What?

Don't leave a friend to die from a drug overdose.



In Washington State:

If you seek medical help for someone having an overdose, neither of you can be charged for having or using a small amount of drugs.

WA State RCW 69.50.315

The Good Samaritan Overdose Law protects you!

CALL 911

**The Good Samaritan Law does not apply to:*

- outstanding warrants
- probation or parole violations
- drug manufacture or delivery
- controlled substances homicide
- other crimes besides drug possession

In these cases, a judge can give you a shorter sentence.

**See an overdose
CALL 911!**

Washington's
Good Samaritan Law
protects you!

If you get medical help for an overdose or alcohol poisoning, **you and the victim cannot be charged** for drug use, possession, or underage drinking.

WA RCW 69.50.315

Drug and alcohol overdoses kill at least two people per day in Washington State.

**See an overdose
CALL 911!**

Washington's
Good Samaritan Law
protects you!

**Never let someone
"sleep it off."**

Learn more at
www.stopoverdose.org



**See an overdose
CALL 911!**

Washington's Good Samaritan law protects you!



If you get medical help for an overdose or alcohol poisoning, you and the victim cannot be charged for drug use, possession, or underage drinking.

**Never let someone
"sleep it off."**

WA RCW 69.50.315

<http://stopoverdose.org/>

Online Resources to Get You Started!

- Stopoverdose.org
- Stopmedicineabuse.org
- Overdoseday.com
- 866teenlink.org
- takebackyourmeds.org
- warecoveryhelpline.org
- PreventMedAbuse.org






nsenphotography



Think Outside the Box...

- International Veterinary Academy of Pain Management
- <https://ivapm.org>

Pets Feel Pain Too.
Learn How
To Manage It.



SEPTEMBER IS ANIMAL PAIN AWARENESS MONTH

Your Workshop Preventionistas!



- Erin James, MBA, CPP
- Outreach Marijuana & Opiate Prevention Coordinator
- King County Behavioral Health and Recovery Division
- Erin.James@kingcounty.gov
- [206.477.7657](tel:206.477.7657)

Your Workshop Preventionistas!

- Janine Koffel, Independent Health Promotion and Prevention Professional
- Janine.Koffel@gmail.com
- 509-207-9174

