



# A Dose of Reality for Coaches

How to help your athlete avoid addiction to prescription painkillers



**DOSE OF REALITY**

PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN.



# What is prescription painkiller abuse?

- Taking prescription painkillers in a way that was not prescribed
- Taking someone else's prescription painkillers
- Taking too many pills at one time
- Combining pills with alcohol or other drugs
- Crushing pills into powder to snort or inject them
- Taking prescription painkillers for the sole purpose of feeling good or getting high



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# Prescription Painkillers

<b>Oxycodone</b>	<i>Brand Names: OxyContin<sup>®</sup>, Percodan<sup>®</sup>, Percocet<sup>®</sup></i>
<b>Hydrocodone</b>	<i>Brand Names: Vicodin<sup>®</sup>, Lortab<sup>®</sup>, Lorcet<sup>®</sup></i>
<b>Diphenoxylate</b>	<i>Brand Names: Lomotil<sup>®</sup></i>
<b>Morphine</b>	<i>Brand Names: Kadian<sup>®</sup>, Avinza<sup>®</sup>, MS Contin<sup>®</sup></i>
<b>Codeine</b>	Various Brand Names
<b>Fentanyl</b>	<i>Brand Names: Duragesic<sup>®</sup></i>
<b>Propoxyphene</b>	<i>Brand Names: Darvon<sup>®</sup></i>
<b>Hydromorphone</b>	<i>Brand Names: Dilaudid<sup>®</sup></i>
<b>Meperidine</b>	<i>Brand Names: Demerol<sup>®</sup></i>
<b>Methadone</b>	Various Brand Names



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# In Wisconsin

- Most of the increase in drug-related deaths is due to misuse of prescription drug
- The most prevalent category of drugs mentioned on death certificates is "other opioids," whether by itself or in combination with other drugs
- Statewide rate of drug-related hospitalizations increased steadily from 2004 to 2012
- Wisconsin's rate of drug-related deaths nearly doubled from 2004 to 2012
- Statewide pattern mirrors the national trend



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## Facts:

- Rate of prescription pain killer overdose increased 260% among those ages 12-25
- 4 out of 10 teens believe prescription drugs are less addictive than street drugs
- More than 70% of people who abuse prescription painkillers get them through friends or relatives



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# Signs of Addiction

## Physical

- Elation/Euphoria
- Sedation/Drowsiness
- Constricted pupils
- Slowed breathing
- Intermittent nodding off
- Loss of consciousness
- Constipation
- Confusion

## Behavioral

- Dramatically changing moods
- Social withdrawal or new group of friends
- Loss of interest in sports or hobbies
- Change in eating, sleeping, or personal hygiene
- Taking medications for reasons besides pain
- Consistently late to school/work or increased absences



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# What Coaches Can Do

- Talk with your athletes and their parents about the dangers of prescription painkillers, especially opioids and narcotics.
- Encourage parents and athletes to ask healthcare professionals for non-narcotic painkiller alternatives if prescribed.
- Let your athlete know you will stand by them and offer support if they need it.



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# What Coaches Can Do



- Review your athletic program or your school's policies on drug use and consider updating it to include use and/or abuse of narcotic painkillers.
- Watch athletes for signs of addiction.
- Visit [DoseOfRealityWI.gov](http://DoseOfRealityWI.gov) for more information.



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# Resources

Visit [DoseOfRealityWI.gov](http://DoseOfRealityWI.gov) for more information:

- Techniques for communicating effectively with youth about drugs
- Information about drugged driving
- Learn about best treatment principles
- Get facts about drug abuse, addiction and treatment
- SAMSHA's Treatment Locator service
- Twelve-step programs Narcotics Anonymous and Teen-Anon



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