A Dose of Reality for Educators

How to help your students avoid addiction to prescription painkillers
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
# Prescription Painkillers

<table>
<thead>
<tr>
<th>Medication</th>
<th>Brand Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxycodone</td>
<td>OxyContin®, Percodan®, Percocet®</td>
</tr>
<tr>
<td>Hydrocodone</td>
<td>Vicodin®, Lortab®, Lorcet®</td>
</tr>
<tr>
<td>Diphenoxylate</td>
<td>Lomotil®</td>
</tr>
<tr>
<td>Morphine</td>
<td>Kadian®, Avinza®, MS Contin®</td>
</tr>
<tr>
<td>Codeine</td>
<td>Various Brand Names</td>
</tr>
<tr>
<td>Codeine</td>
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</tr>
<tr>
<td>Fentanyl</td>
<td>Duragesic®</td>
</tr>
<tr>
<td>Propoxyphene</td>
<td>Darvon®</td>
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<tr>
<td>Hydromorphone</td>
<td>Dilaudid®</td>
</tr>
<tr>
<td>Meperidine</td>
<td>Demerol®</td>
</tr>
<tr>
<td>Methadone</td>
<td>Various Brand Names</td>
</tr>
</tbody>
</table>
In Wisconsin

- Most of the increase in drug-related deaths is due to misuse of prescription drugs.
- 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.
Dose of Reality for Teachers

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
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

DOSE OF REALITY
PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN.
What Educators Can Do

• Understand the risk factors for abuse of painkillers: stress over schoolwork or exams, trouble with friends, depression, or anxiety.

• Talk with students and parents about the risks and dangers of prescription painkillers, especially opioids and narcotics.
What Educators Can Do

• Let parents and students know that you will stand by them and offer support if they need it.
• Review your school’s policies on drug use and encourage administrators to consider updating it to include use and/or abuse of narcotic painkillers.
What Educators Can Do

• Watch students for signs of addiction.
• Encourage parents and students to ask healthcare professionals for non-narcotic painkiller alternatives if prescribed.
• Visit DoseOfRealityWI.gov for more information.
Other 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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