



A Dose of Reality for Parents

How to help your child 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

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



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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



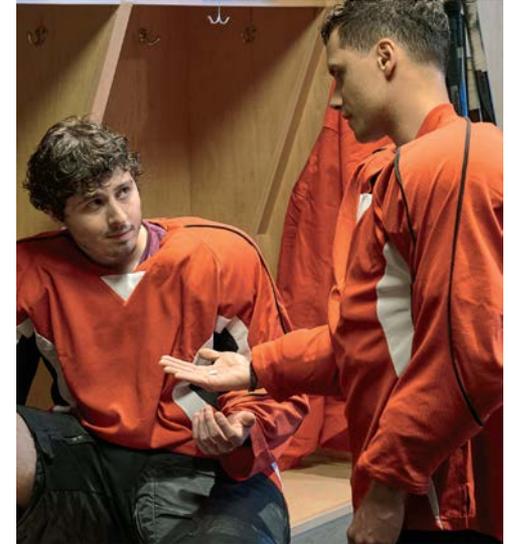
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Dose of Reality for Parents



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 Parents Can Do



- Learn how to have a conversation with your child about drugs.
- Ask your healthcare professionals for non-narcotic alternatives if prescribed for your child.
- Offer support to your child.



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What Parents Can Do

- Do not supply your child with a steady supply of money if you aren't certain how it will be spent.
- Rather than staging an "intervention," focus on creating incentives to get your child to a doctor.
- Bring your child to a medical professional who can check for signs of drug use (including drug testing) and other mental health issues.



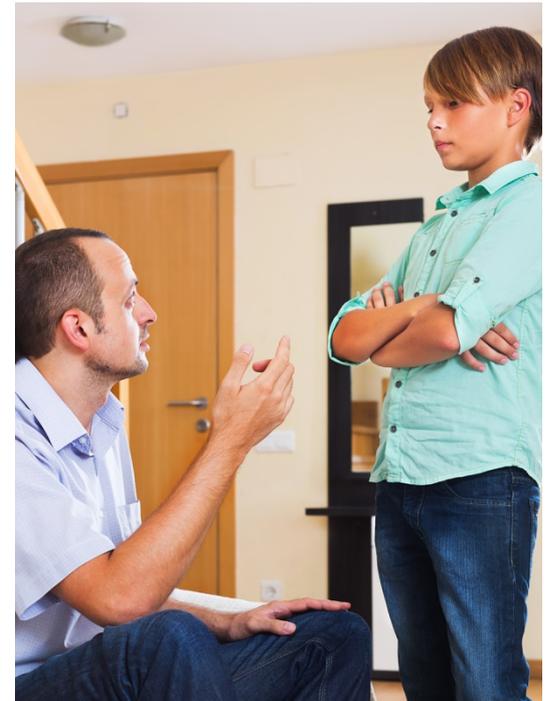
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What Parents Can Do

- To prevent an accident, take away driving privileges if you suspect drug use.
- Educate yourself about addiction, treatment and recovery.



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What Parents Can Do

- NEVER share your opioid or narcotic painkillers.
- LOCK up your prescription medications.
- SAFELY dispose of unused or unwanted prescription painkillers by bringing them to a Drug Take Back site.
 - Visit www.doseofrealitywi.gov/drug-takeback to find a location nearest you



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Other Resources

Visit DoseOfRealityWI.gov for more information:

- Techniques for communicating effectively with your child 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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