

7th Annual Prescription Drug Abuse & Heroin Symposium Rebuilding the Hoosier Heartland
Indiana Convention Center, Indianapolis, IN –
October 13 - 14, 2016



Parents360 Rx

The Parents360 Rx Action Toolkit can be used by professionals from law enforcement, prevention and treatment, as well as by any concerned adults who want to share information about medicine abuse with their friends, family, neighbors and organizations to which they belong.

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How does it work?

The Parents360 Rx Action Toolkit consists of a video, a discussion guide and a small number of documents, and is available to individuals and organizations at no charge. Program hosts show the short (11-minute) video, which addresses the impact of medicine abuse on real families, to stimulate an informal discussion. The focus of this video is prescription medicine abuse, considered by many to be the biggest substance abuse threat we currently face and one that is unknown to many parents and underestimated by many others. While medicine abuse is the focus, the discussion may be guided to include other substance abuse topics as desired.



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Action 1
Three Steps to Safeguard Your Home

STEP 1: MONITOR

- How aware are you of the quantities that are currently in your home?
- Start by taking note of how many pills are in each of your prescription bottles or pill packets and keep track of your refills.
- If your teen has been prescribed a medicine, be sure you control the medicine, and monitor dosages and refills.
- Make sure your friends and relatives — especially grandparents — are also aware of the risks. Encourage them to regularly monitor their own medicines.

STEP 2: SECURE

- Take prescription medicine out of the medicine cabinet and secure them in a place only you know about.
- If possible, keep all medicines, both prescription and over-the-counter, in a safe place, such as a locked cabinet your teen cannot access.
- Tell relatives, especially grandparents, to lock up their medicine or keep them in a safe place.

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Action 1 (Cont.)
Three Steps to Safeguard Your Home

- **STEP 3: DISPOSE**
- Take an inventory of all of the medicine in your home. Start by discarding expired or unused Rx and OTC medicine when your teens are not home.
- Teenagers will retrieve discarded prescription medicine from the trash. To help prevent this from happening, mix the medicine with an undesirable substance, such as used coffee grounds or kitty litter.
- Do not flush medicine down the toilet or sink drain.
- To help prevent unauthorized refills and protect your family's privacy, remove any personal, identifiable information from prescription bottles or pill packages before you throw them away.
- Learn more about safeguarding and disposing of medicine at **MedicineAbuseProject.org** and find a medicine take-back location near you.

For more information about prescription medicine abuse visit The Medicine Abuse Project at MedicineAbuseProject.org



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Action 2
Know the Signs and Symptoms of Medicine Abuse

Recognize the signs of prescription drug abuse:

- Fatigue, red or glazed eyes, 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
- Decreased or obsessive interest in school work
- Missing prescription medicines from your medicine cabinet
- Additional filled prescriptions on your pharmacy record that you did not order

• Pain Reliever
Abuse
(Opioid painkillers-
used to treat pain)

Depressant Abuse
(Anti-anxiety
medication and
sedatives)

Stimulant Abuse
(Used to treat ADHD
and certain sleep
disorders)

Depression, Low Blood Pressure
Decreased breathing rate, Confusion
Sweating & Constricted Pupils

Drowsiness, Confusion
Poor Judgement, Dizziness
Slurred speech, Respiratory
Depression

Weight loss, Agitation, Irritability
Insomnia, High Blood Pressure
Irregular heartbeat, Anxiety
Impulsive behavior

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Action 3

Talk to Your Family, Friends and Other Parents

If you are a parent, or any other adult who takes care of children, talk to your kids about the risks of abusing prescription drugs and over-the-counter cough medicine. Children who learn a lot about the risks of drugs from their parents are up to **50** percent less likely to use drugs than those who do not get this information at home.

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 medications, 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.

Share What You Know:

If you're a parent, share information with family, friends and neighbors. If you're a doctor or other health care provider, share educational materials with your patients. If you're a community leader or law enforcement official, share information with the people in your community. If you're a teacher, school nurse or administrator, share information with the parents and students in your school.



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Action 3

Talk to Your Family, Friends and Other Parents

If you are a parent you should:

Learn how to say it- Conversations are the most powerful tools parents can use to connect with and protect their kids from the dangers of drugs and alcohol.

Learn what to say- about the dangers of street drugs and alcohol; it's also essential to address the abuse of prescription (Rx) and over-the-counter (OTC) cough medicine.

Learn how to answer the question- "Did you do drugs?" It isn't about your past; it's about your child's future.

Learn how to teach your kids to turn down drugs- there's no way you can shield your kids from finding out that street drugs, alcohol and tobacco exist- but you can help your child reject offers to try them.

For more information about talking to your kids and loved ones about drug and alcohol abuse download

the **PARENT TALK KIT**: *Tips for Talking and What to Say to Prevent Drug and Alcohol Abuse* at pact360.org/page/rx-talk-kit



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Action 4
Share the Information with Others

Text you can use for a promotion on your own website:

Every day, more than 2,000 kids use a prescription drug to get high for the first time. Medicine abuse is an epidemic affecting families and teenagers across the country.

The Parents360 Rx Action Toolkit is an easy-to-use tool that you can use to share information with parents and other concerned citizens about the real dangers of medicine abuse and the actions that can be taken to prevent and respond to it. Check it out at pact360.org/programs/parents360rx

Text you can use to share the Kit with your Facebook friends:



Every day, more than 2,000 kids use a prescription drug to get high for the first time. I found this easy-to-use tool that you can use to share information with other parents and your community about medicine abuse – an epidemic affecting teens like ours all over the country. Check it out at

pact360.org/programs/parents360rx

Text you can use to share the Kit with your Twitter followers:



Medicine abuse is an epidemic. Spread the word to family and friends with the Parents360 Rx Action Toolkit to help #endmedicineabuse: bit.ly/S5xlGm or pact360.org/programs/parents360rx

Text you can use in an email to friends:



Every day, more than 2,000 kids use a prescription drug to get high for the first time. Medicine abuse is an epidemic affecting families and teenagers across the country.

I wanted to share with you an easy-to-use tool that you can use to share information with other parents and your community about medicine abuse. The Parents360 Rx Action Toolkit can help you spread the word about the real dangers of medicine abuse and the actions that can be taken to prevent and respond to it. Check it out at pact360.org/programs/parents360rx

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Taking Action Against Medicine Abuse



Did You Know?

1 in 6 teens has used a prescription drug in order to get high or change their mood.
Two-thirds of teens who abuse pain relievers say they get them from family members and friends.

More Americans die from drug overdoses than in car crashes.

One person dies every 19 minutes from drug overdose in the United States and this increasing trend is driven by Rx painkillers.

Now that you know the facts, take action to protect your children your loved ones, and yourself from prescription medicine abuse.

Action 1: Three Steps to Safeguard your Home

1. **Monitor.** Keep track of the amounts of your prescriptions, control your kids' medicines and encourage your friends and relatives, especially grandparents, to monitor and secure their own.
2. **Secure Your Medicine.** Keep prescription medicine secure, preferably locked, in a place that your kids and visitors to your home will not easily find.
3. **Dispose Properly of Your Unused Medicine.** Crush and mix it with unpleasant garbage, or find a medicine take-back site near you. Never flush down the toilet or sink drain.



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Taking Action Against Medicine Abuse

Action 2: Know the Signs and Symptoms of Medicine Abuse

1. **Educate Yourself.** The best way to prevent prescription drug abuse is to learn about the issue. That way, you can effectively present the facts when talking to your teen. Go to The Medicine Abuse Project website at **MedicineaAbuseProject.org**.
2. **Get Help.** If you think your child has a problem with prescription drugs or over-the-counter cough medicine, please visit **drugfree.org/timetogethelp** or call the Partnership's Parents Toll-Free Helpline to speak to a parent specialist at **1-855-DRUGFREE (1-855-378-4373)**.

Action 3: Talk to Your Family, Friends and Other Parents:

Talk to your kids, your family, your friends, and other parents about the risks of abusing prescription drugs and over-the-counter cough medicine. Children who learn a lot about the risks of drugs from their parents are up to 50 percent less likely to use drugs than those who do not get that critical message at home. Download the free Partnership Parent Talk Kit at **pact360.org/page/rx-talk-kit**.

Action 4: Share the Information with Others:

You can make a real difference in the lives of your family, loved ones, friends, co-workers and neighbors by sharing this information via email and social media. Learn how at:

pact360.org/page/parents360-rx-promotion.

