



Raymond W. Kelly, Commissioner

Prescription Drugs and Your Teenager



**Department of
Education**

Dennis M. Walcott, Chancellor

Prescription drugs

- Prescription drugs are medicines prescribed by doctors to treat a variety of health problems.
- Even though they are prescribed by a doctor, prescription drugs can be very dangerous.
- Because some of these drugs can alter the mind, they can be misused.
- Some commonly misused prescription medications include painkillers, ADHD drugs, and anti-anxiety drugs.

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FREE PRESCRIPTION

Name: Eve Ry-Body Age: N. E.
Address: 2b Well Street
Date: 1st 4 2day

R

- 1) Don't get angry
- 2) Don't worry
- 3) Be Grateful
- 4) Work hard
- 5) Be Kind to others

Apply Morning & Evening (& as deemed necessary throughout the day)

Label
 No Substitution Signature: Mikao Usui

REPEAT PHN: 555-1234 10/10/10

Prescription drug misuse

Prescription Drug Misuse is defined as taking prescription drugs in ways not intended by a doctor. Some examples of prescription drug misuse are:

- Taking a drug that has been prescribed for somebody else
- Taking more of the drug than was prescribed to you
- Taking a drug for a reason other than the reason it was prescribed to you





Opioid pain relievers

- Are used to treat pain caused by accidents, surgeries, cancer and other diseases.
- These drugs are in the same class as *heroin*.
- Some examples of opioid pain relievers are *oxycodone, codeine, morphine, methadone and fentanyl*.
- Opioid pain relievers are often called by their brand names, such as *Percocet®*, *OxyContin®*, and *Vicodin®*, or they can be called by nicknames like *Percs* or *Roxies*.
- Opioid pain relievers can be snorted, sniffed or injected but usually swallowed as pills.

Risks of misusing Opioid painkillers

- Opioid painkillers can cause drowsiness, confusion, nausea and vomiting, chronic dry mouth and skin irritation.
- People can become **addicted** to opioid painkillers.
- Opioid painkillers can cause accidental overdose - especially when taken with alcohol or other drugs.
- A person can overdose after taking as few as 2 or 3 pills.
- An opioid overdose may cause a person to stop breathing.

Central Nervous System depressants (CNS)

- Can be used to treat anxiety, panic attacks and sleep disorders.
- They include **barbiturates, benzodiazepines and sedative-hypnotics**.
- Some examples of benzodiazepines are Valium[®], Xanax[®].
- Some examples of sedative-hypnotics are Ambien[®] and Lunesta[®].
- CNS depressants can be called **downers, downs, barbs, benzos, reds, xannies, or sticks**.
- CNS depressants are usually swallowed as pills or syrups.



The risks of misusing CNS depressants, such as Xanax[®] or Valium[®]

- **CNS depressants** slow down brain activity and can cause sleepiness, loss of coordination, headache, nausea, vomiting and low blood pressure.
- Using large amounts of **CNS depressants** or using them with alcohol or other drugs can slow down a person's heart rate and breathing, causing death.





Stimulants

- Stimulants are mostly used to treat attention-deficit hyperactivity disorder (ADHD), narcolepsy and sometimes depression.
- People who misuse stimulants often take them to increase activity, reduce their appetite, stay awake or to get high.
- Some examples of stimulants are **Adderall®**, **Ritalin®** and **Dexedrine®**.
- Stimulants can be called **uppers**, **bennies**, or **Vitamin R**.
- Stimulants are usually swallowed as pills or capsules.

The risks of misusing stimulants?

Taking large amounts of a stimulant can cause stroke, heart attacks, hallucinations, seizures, abnormal body movements and irrational behavior.



teens



- Prescription drugs are the second most commonly used substance among youth in New York City, after marijuana.
- In 2011, 7% of NYC youth reported misusing **opioid painkillers** and almost 5% reported misusing other prescription medications in the past year.
- The use of **opioid painkillers** is highest among people who are 18 to 35 years old, compared to New Yorkers of other ages.



Prescription drugs in NYC

- In 2010 **opioid painkillers** were involved in 171 unintentional overdose deaths in NYC.
- The number of **opioid painkiller**-involved deaths is on the rise: it has increased by 20% since 2005.
- In 2010, **benzodiazepines** (such as Xanax® and Valium®) were involved in 44% of unintentional overdose deaths in NYC.



Over the counter Medications

Medication that may be sold directly to a consumer **without** a prescription from a healthcare professional

- Does ***not*** require a doctor's prescription
- Can be purchased at any store
- Includes cough medicine and aspirin
- For certain medications, I.D. is required. (such as Nyquil®, Sudafed®)



WHAT CAN PARENTS DO?



Prescription medications at home

Teenagers often get prescription medications from a friend or family member - or from the home medicine cabinet.

- **Find a secure place for your prescription medications.**
- **Dispose of your unused opioid medications by flushing them down the toilet. Don't keep old medications lying around.**



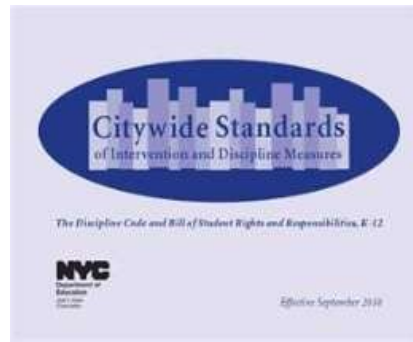
Parents

- Know what your child is doing and who their friends are.
- Spend time with them. Talk regularly about their activities and their goals for the future.
- Monitor your kids' online activities.
- Be aware of packages your kids receive.
- Encourage kids to be active. Children who stay busy with school, sports, hobbies, and community activities are much less likely to drink or use drugs.
- Set a good example. Children often do what their parents do. If you misuse medications, your kids may think it's OK if they do too.

Criminality Associated With Prescription Drugs

- ✓ **Criminal Diversion** is when a person knowingly transfers or delivers, in exchange for anything of pecuniary value, a prescription medication or device with knowledge or reasonable grounds to know that the recipient has no medical need for it
- ✓ Illegal sale of prescription drugs can range from a Misdemeanor to Felony = 30 days to 1 year or more





Citywide Standards of Intervention and Discipline Measures in school

(GRADE 6-12) Infraction B50

- **Using controlled substances or prescription medication without appropriate authorization, or using illegal drugs, synthetic hallucinogens, and/or alcohol**

Range of Possible Disciplinary Responses to be used in addition to Guidance Interventions (**Range from Parent Conference to Expulsion**)

(GRADE 6-12) Infraction B58

- **Selling or distributing illegal drugs or controlled substances and/or alcohol**

Range of Possible Disciplinary Responses to be used in addition to Guidance Interventions (**Range from Superintendent suspension to Expulsion**)

If you suspect a problem

- Talk with your teenager and share your concern.
- Try not to let your emotions take over, even if you're angry. **Think before you talk.**
- Ask direct questions about alcohol and drugs. If you have evidence, say so.
- For advice, speak with your health care provider or call 1-800-LIFENET.

GETTING HELP

LIFENET is a 24-hour hotline for help with substance use and mental health problems.

Call: 1-800 LIFENET (800) 543-3638

En Espanol: call 1-877-AYUDESE

(877) 298-3373

Mandarin, Cantonese and Korean:

(877) 990-8585



Resources to help if needed

To learn more about drug misuse, call 311 and ask for the following Health Bulletins from the NYC Department of Health and Mental Hygiene:

- ❖ “Prescription Painkillers: The Dangers of Misuse”
- ❖ “Marijuana: Is it Holding you Back?”
- ❖ “Cocaine: Do you have a Problem?”
- ❖ “Excessive Drinking is Dangerous”

Read more online/Internet

Visit NYC Department of Health and Mental Hygiene's website on alcohol and drug use: <http://www.nyc.gov/html/doh/html/basas/aaabuse.shtml>

Different types of prescription drugs:

- ❖ <http://www.drugabuse.gov/publications/drugfacts/prescription-over-counter-medications>
- ❖ http://www.justice.gov/dea/pubs/abuse/drug_data_sheets/Narcotics.pdf
- ❖ http://www.justice.gov/dea/pubs/abuse/drug_data_sheets/Depressants.pdf
- ❖ http://www.justice.gov/dea/pubs/abuse/drug_data_sheets/Stimulants.pdf
- ❖ <http://www.oasas.state.ny.us>
- ❖ <http://www.drugfree.org>
- ❖ Emotional Drugs: Denial - <http://www.youtube.com/watch?v=bcArBnWjqxA>

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http://www.nyc.gov/html/nypd/html/community_affairs/newsletter_signup.shtml