



# Cibola County Parents Handbook

What you need to know about  
prescription painkillers and opioids.

**The Reality of  
Prescription  
Abuse in  
Cibola County**

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& overdose  
warning signs**

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Brought to you by the Cibola Substance Abuse Prevention Coalition

# The Reality in Cibola County

## A Matching Game

Sometimes we assume national issues, like opioid misuse and abuse, doesn't effect our rural county, but in reality New Mexico ranks high in opioid-related overdose deaths.

Misuse and abuse of prescription medications affects even our county's youth!

As a community we must come together to prevent prescription misuse and abuse. Simple steps like securing medications and properly disposal of them can keep medications out of the wrong hands.

Awareness is the first step towards change. We hope you will join our coalition in creating a safer county for our families!

Source: Cibola County 2017 Youth Risk and Resiliency for Middle Schools and High Schools. <http://youthrisk.org/>

### Match the Percent (%) to the Statistic!

These statistics are from  
the 2017 Youth Risk and Resiliency Survey.

1. Cibola County 8<sup>th</sup> graders who reported using prescription pain medications *without* a prescription. A. 5%
2. New Mexico middle school students who reported using painkillers *without* a prescription. B. 7%
3. Cibola County 11<sup>th</sup> graders who reported currently using painkillers to get high within the last 30 days. C. 13%
4. Cibola County 11<sup>th</sup> graders who reported using prescription painkillers *without* a prescription. D. 16%
5. New Mexico high school students who reported currently using painkillers to get high within the last 30 days. E. 20%

**1. D; 2. A; 3. C.; 4. E; 5. B.**



Cibola Substance Abuse Prevention Coalition



Parents Handbook funded by the New Mexico Office of Substance Abuse Prevention

# THE SCIENCE



Prescription opioids are used as medicines, because they contain chemicals that can relieve pain and relax the body. Opioids come in the form of a pill or a liquid. Prescription opioids can make people very relaxed and feel "HIGH".

This can be dangerous, because opioids can be highly addictive, and can interact with other drugs to suppress the body's need to breathe so overdoses are common, which can lead to death without proper intervention.

It is important to understand why and how people become addicted to prescription painkillers, such as opioids. Substance use disorder is a complex disease, because drugs change how the brain works. The brain naturally produces endorphins that help a person to regulate pain and feel good.

When someone takes an opioid for pain relief, it stops the body from sending pain signals to the brain. So, taking an opioid will increase the effects of endorphins by making a person feel good, or euphoric.

As a person continues using the drug, the brain produces less of the endorphins. This means that a person needs to take more opioids to get the same effect. This is known as tolerance.

As opioid use continues, the body forms a dependency for the drug. A person using medication properly is not likely to get addicted, but it does sometimes happen. Substance use disorder usually happens because of misuse or abuse of a drug. Some people are at a higher risk of this disorder due to contributing factors including genetics, psychological issues, environment and gateway substance use.

Source: National Institute of Health, <https://www.nih.gov/>

# Who is at risk?

People at-risk for a substance use disorder are not who you think. Anyone can become dependent as opioids and painkillers are prescribed for a variety of reason and easy to obtained when not properly secured, stored and safely disposed of.

- ⚠️ Anyone of any age who uses opioids to manage pain, especially those taking higher doses.
- ⚠️ Youth given high doses of pain medications for sports related injuries/ surgeries (i.e. knee surgery, etc).
- ⚠️ Anyone who takes opioids with multiple prescriptions or other substances, including alcohol.
- ⚠️ Elderly people given high doses of pain medications for pain relief for knee or hip surgery, arthritis, etc.
- ⚠️ Anyone, especially youth, given pain medications after a dental operation like removing wisdom teeth.
- ⚠️ Household members of people who take prescribed or unprescribed opioids.
- ⚠️ Anyone who smokes, snorts or injects pain medications.
- ⚠️ People with reduced tolerance because of a recent detox or release from incarceration.
- ⚠️ Someone who has overdosed before.
- ⚠️ Patients getting multiple prescriptions from multiple providers and pharmacies.

Source: <https://doseofreality.com/prevention/>

## Opioid use can develop behavioral change

Keep an eye out for these behavioral changes.

- Obvious change in sleeping pattern,
- Easily angered and abusive, Sudden mood swings,
- Avoid eye contact, Deceitful/Lying,
- Recklessness, Forgetful, Irritable, Clumsy,
- Personality changes without an obvious cause,
- Major loss/gain in appetite or weight,
- Lose interest in personal appearance or regular hobbies,
- Sudden change in friend choice and hang-out locations,
- Asking to borrow money or have extra money without obvious reason.



## SYMPTOMS OF OPIOID ABUSE

- Confusion and lack of coordination
- Slow gait (slow walking/how one carries themselves)
- Weakness, dizziness, sleepiness
- Sleep deprivation or “nodding”
- Lowered blood pressure
- Respiratory depression
- Constricted pupils
- Watery or droopy eyes
- Nausea, vomiting, and constipation
- Constant flu-like symptoms
- Slow, slurred speech
- Dry skin, itching, or skin infections
- Bruises or “track marks” (if injecting)

## SYMPTOMS OF OPIOID OVERDOSE

- Small, constricted “pinpoint pupils”
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue or cold skin

**If you suspect an opioid overdose IMMEDIATELY call 911!**

The New Mexico Good Samaritan Law protects anyone seeking emergency services for an overdose!

**Save a LIFE, call for HELP!**



## Most Commonly Prescribed Opioids

### Generic:

Hydrocodone, Oxycodone, Morphine, Codeine, Buprenorphine, Methadone, Hydromorphone, Oxymorphone, Meperidine, and Fentanyl.

### Name Brand:

Vicodin, Lorcet, Lortab, Norco, Zohydro, Percocet, OxyContin, Roxicodone, Percodan, MS Contin, Kadian, Embeda, Avinza, Tylenol #3 (codeine/acetaminophen), Suboxone, Subutex, Zubsolv, Bunavail, Butrans, Dolophine, Methadose, Dilaudid, Exalgo, Opana, Demerol, Duragesic, and Fentora.

*\*Herion is also an opioid*

**Mixing Opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or other medications that make you sleepy can cause an overdose!**

# Keep your home safe from opioid medication misuse and abuse

- Talk with your doctor about the risks associated with opioids and how to prevent them.
- Fill your co-prescription for Naloxone when receiving your opioid prescription.
- Practice safe medication use and ONLY take medications as prescribed.
- Never give away or share your medications with others.
- Never mix pain medications with alcohol, sleeping pills or any illicit substance.
- Know the Signs and Symptoms of Overdose (see page 4).
- Keep opioids and all other medications in a safe place, out of the reach of children/teens.
- Keep your medications in a secure, preferably locked place.
- Dispose of your unused or expired medication at a safe disposal site (see page 7) or during Drug Take Back Days.
- Keep a current list of all your medications. Bring your up-to-date medication list to your medical and pharmacy visits.



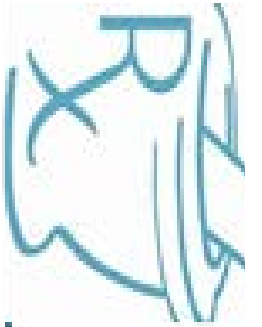
## MONITORING YOUR MEDICATIONS

It is important to know how to properly monitor the medications in your home. Take note of how many pills are in each prescription bottle in your home and track this amount regularly. Upon refill of medications, continue this process to ensure the safety of your household members.

Remember, if you find that you need to refill your medication more often than expected, this could indicate a problem. Another best practice for parents with children/teens who are prescribed medications is to monitor their dosages and refills of their medication, especially opioids.

Also, ensure that your friends, parents of children's friends, neighbors and relatives are also aware of the medication use and risks involved. Encourage them to regularly monitor medications in their homes. A medication inventory sheet, like the one on the following page, can be used to monitor your medications.

Source: <https://drugfree.org/article/secure-dispose-of-medicine-properly/>



## Medication Inventory Sheet

Name of Family Member	Medication Name	Date Received	Dosage Strength	Quantity in Bottle	Frequency (How often taken)	Reason for Taking	Prescribing Physician	Disposal Date



# Tips for talking with teens

- ✓ Choose a good time and place
- ✓ Approach the talk with openness
- ✓ Stay positive
- ✓ Be honest with them
- ✓ Communicate calmly and clearly
- ✓ Be understanding and patient
- ✓ Avoid arguing
- ✓ Offer empathy and support
- ✓ Don't shame them
- ✓ Talk TO them, not AT them
- ✓ Actively listen
- ✓ Set safe boundaries/limits
- ✓ Regularly encourage positive behaviors
- ✓ Follow up often/stay involved

## RESOURCES

### **BEHAVIORAL HEALTH SERVICES**

#### VALLE DEL SOL BEHAVIORAL HEALTH

906 N. 1<sup>st</sup> St., Grants  
505-287-7985

#### PMS GRANTS FAMILY COUNSELING

1040 Sakelares Blvd., Grants  
505-876-1890

#### PUEBLO OF LAGUNA BEHAVIORAL HEALTH

7 San Jose Rd., Old Laguna  
505-552-6513

#### PUEBLO OF ACOMA BEHAVIORAL HEALTH

45 Pinsbaari Dr., Acoma  
505-552-6661

#### CASA SAN JOSE SOCIAL SERVICES

2595 W. Hwy. 66, Grants  
505-285-5451

#### RAMAH NAVAJO BEHAVIORAL HEALTH SERVICES

Bia Route 125, Pinehill  
505-775-3353

#### CIBOLA GENERAL HOSPITAL

1016 E. Roosevelt Ave., Grants  
505-287-4446

#### ACOMA-CANONCITO-LAGUNA (ACL) HOSPITAL

80b Veterans Blvd., Pueblo of Acoma  
505-552-5300

#### OPEN SKIES HEALTHCARE

423 W. Santa Fe Ave., Grants  
505-285-3672

#### OAK TREE WELLNESS COUNSELING

505-658-0052

#### RASMUNSEN COUNSELING

505-433-5860

#### CREATING OPPORTUNITIES FOR PERSONAL EMPOWERMENT (C.O.P.E.)

505-658-4322

#### ROBERTA'S PLACE

505-287-7200

#### WINDS OF CHANGE MENTAL HEALTH SERVICES

505-290-4551

### **EMERGENCY HOTLINES**

#### CIBOLA COUNTY EMERGENCY

#### REGIONAL DISPATCH

911 OR 505-287-4404

#### VETERANS CRISIS LINE

1-800-273-8255

#### NM CRISIS & ACCESS LINE

1-855-662-7474

### **Safe Medication Disposal Sites:**

- ACL Hospital  
80b Veterans Blvd., Pueblo of Acoma
- Cibola County Sheriff's Department  
114 McBride Rd., Grants
- Laguna Police Department  
1 Mesita Industrial Parkway, Laguna
- Parkhurst Pharmacy  
1208 Bonita St., Grants



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