

A HANDBOOK FOR
KEEPING FAMILIES
SAFE
FROM PRESCRIPTION
PAIN KILLERS



What is an Opioid?

A prescription opioid (or prescription painkiller) is a **Prescription Medication** that, when used correctly, safely treats moderate to severe pain and boosts feelings of pleasure.

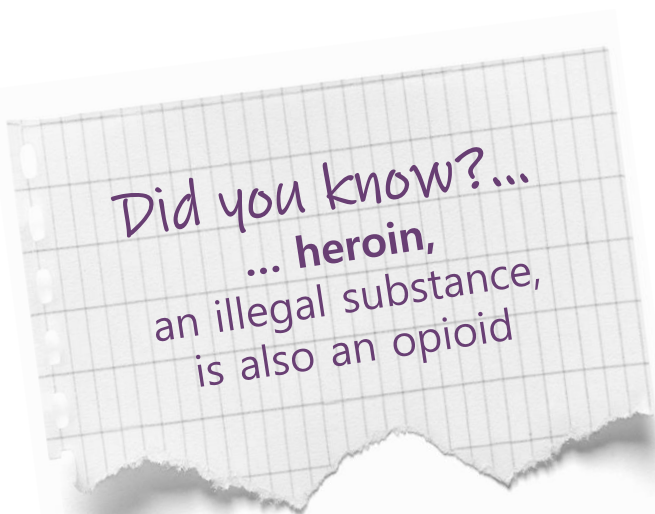
SOME IMPORTANT DEFINITIONS:

Prescription: a **LEGAL** document written by a medical professional that allows pharmacies to give a specific medication to patients

Prescription Medication: Medication you can **ONLY** get from a pharmacist

Over the Counter Medication: Medication that **CAN** be bought and used without a doctor's prescription

Opioid Overdose: Happens when more than the recommended dose of an opioid is taken



OPIOIDS COME IN MANY DIFFERENT FORMS

Pills/Capsules



Patches



Nose Spray



Liquid



Injectables



Lozenge/Lollipop



Find a list of common opioids on page 8



Dangers of Opioids

In Doña Ana County

1 in 5

deaths by accidental overdose were from prescription opioids

25% of high school students report having access to drugs at school

In New Mexico, more people die accidentally from prescription opioid overdose than

all other drugs

Did you know?...
...liquid opioids are commonly misused & added to sugary drinks?

In 2017, approximately the same number of people died from

opioid overdose as **motor vehicle accidents**

in New Mexico

18% of high school students report using prescription painkillers to get high

Find resources for talking to your children, family and friends about opioids on page 8



Accidental Overdose Prevention

Naloxone is a safe and effective medication that saves lives.



How does naloxone work?

Naloxone blocks the effects of opioids and restores breathing.

How do opioid overdoses cause death?

When too much opioid is in the body it can cause breathing to slow, become shallow, or stop.

What are the signs of an overdose?

- Pinpoint pupils
- Loss of consciousness
- Slow or shallow breathing

What do you do if you think someone is experiencing an overdose?

- Call 911 immediately
- Administer naloxone
- Start CPR

The US Surgeon General has called for more widespread access to naloxone.

Did you know?...
...not all overdoses are fatal?
Continue reading to learn the do's & don'ts of preventing opioid misuse & abuse



Sharing is NOT Caring

Has anyone you know shared a prescription?

Approximately

30%

of current prescription opioid painkiller users in Doña Ana County said that they got them from a source that was not a doctor

Most parents agree medications shouldn't be shared **BUT**

1 in 5

Doña Ana County parents indicate that they have given their teen a prescription drug that was not prescribed to them

DO

- ✓ Keep **track** of medication
- ✓ Take medication as recommended by your **doctor**
- ✓ Follow your child's **school policy** for medications that need to be taken at school

DON'T

- ✓ **Share** medication with anyone
- ✓ Take medication that was not prescribed to you by your doctor
- ✓ Never send medication to school with your child without following school **medication policy**

See page 10 for Medicine Inventory Sheet



Safe Storage

Would you know if some of your medications were missing?

Did you know?...

Almost **60%** of Doña Ana County parents do not lock up their prescription opioids

...**senior adults** are prescribed the most opioids?

Also, **1 in 3** Doña Ana County families have grandparents living with children



DO

- ✓ Purchase a **lock box** or **lock bag**
- ✓ Secure medications with a lock box or lock bag **at home** or when **traveling**
- ✓ Store prescription opioids in a container that has a **lock & key** or **combination**

DON'T

- ✓ Think that **hiding prescription** opioids is enough to keep your family safe
- ✓ Use locks that are **easily opened** or **broken**
- ✓ **Write** combinations down where it can be found by others



Safe Disposal

How do you get rid of medications safely?

DO

- ✓ Take prescription medications to DEA National **Take Back Day** locations in April & October of each year.
- ✓ Use a **drug deactivation kit**
- ✓ Take your medication to a permanent drug **drop box** location (www.findtreatment.gov)

DON'T

- ✓ **Toss** in the trash
- ✓ **Flush** down the toilet
- ✓ **Crush** medication

Did you know?...

...opioids can negatively affect the environment, like water and soil, if not disposed of correctly?

**See page 8 for more information
on these services**

Questions your Doctor **WANTS** You To Ask

How will
this medication
make me feel?

Should I start
with a shorter
prescription?

What are the
side effects?

Are you sure
I should take it
this long?



Is there anything
else I can take
(or do) instead?

Will it be hard
for me to stop
taking this
medication?

Is it safe to take
this medication with
other medications,
vitamins and/or
supplements?

MEDICINE SAFETY TIPS

- ✓ Take medication **exactly** as prescribed by your doctor
- ✓ Know the **color** and **shape** of your pills
- ✓ **Double check** that the medication your doctor prescribed is the medication received from the pharmacy
- ✓ **Read** all medicine bottle labels and additional medication information carefully
- ✓ If you have **questions** about a medication, ask your doctor or pharmacist.

Resources

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Common Opioids (examples):

- Oxycodone (OxyContin®)
- Hydrocodone (Vicodin® or Lortab®)
- Morphine (Embeda®)
- Oxymorphone (Dilaudid®)
- Fentanyl (Duragesic®)
- Codeine (Tylenol 3® or Robitussin AC®)

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ACCESS TO NALOXONE

Families and Youth Inc.: (575) 522-4004
Department of Health (DOH):
 Las Cruces DOH - (575) 528-5095
 Anthony DOH - (575) 882-3121
 Chaparral DOH - (575) 824-4585
 Sunland Park DOH - (575) 589-2543

Doña Ana County Health & Human Services: (575) 525-5870

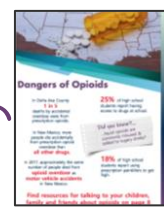
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SCHOOL BASED HEALTH CENTERS

Hatch Valley Public Schools: (575) 267-8211
Las Cruces Public Schools: (575) 527-5884
Gadsden Independent Public Schools: (575) 882-1018

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HELPFUL WEBSITES

- www.drugfree.org/get-help
- www.justthinktwice.gov
- www.getsmartaboutdrugs.gov
- www.operationprevention.com
- www.campusdrugprevention.gov
- www.doseofreality.com
- www.drugpolicy.org/resources/drug-education-resources

HOTLINES

To discuss youth substance use concerns with a Parent Specialist:
 Call **1-855-DRUGFREE** (1-855-378-4373) or texting **55753**

Help with substance use or mental health concerns:
 Call Substance Abuse and Mental Health Services Administration **1-800-662-HELP** (1-800-662-4357)

Youth substance use/misuse support:
 KIDTALK Warmline:
 SMS text messages or voice calls for support
(575) 636-3636

Help with substance misuse concerns:
 Call NM Substance Abuse Helpline
1-855-505-4505

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SAFE DISPOSAL RESOURCES

Drug Deactivation Kits
 Unified Prevention Coalition
 (575) 597-0024

DEA Take Back Day
www.takebackday.dea.gov/

PERMANENT DROP BOX LOCATIONS

<p>North: Hatch Police Dept. 5 Chile Capitol Ln.</p>	<p>Central: CVS Pharmacy, 3011 N. Main St. ALL Las Cruces Walgreens Pharmacies Sheriff's Office, 845 N. Motel Blvd.</p>	<p>South: El Paso, TX Walgreens 8050 N. Mesa St. 5900 N. Mesa St.</p>
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REFERENCES

- https://gps.unm.edu/gps_assets/tru_data/Crash-Reports/Annual-Reports/annual-report-2017.pdf
- <https://www.drugabuse.gov/opioid-summaries-by-state/new-mexico-opioid-summary>
- <http://www.shutterstock.com>
- <http://www.youthrisk.org/pdf/countyreports/YRRS-2017-HS-countyreport-donaana.pdf>
- <https://www.hhs.gov/surgeongeneral/priorities/opioids-and-addiction/naloxone-advisory/index.html>
- https://www.who.int/substance_abuse/information-sheet/en/
- <http://www.nmprevention.org/NM-Community-Survey.html>

In case of emergency, always
CALL 911



Crisis and Access Line
 Call for support and resources

1-855-NMCRISIS
 (1-855-662-7474)
 Toll Free 24/7/365



Notes

join us!

at our monthly meetings
to get involved with Coalition efforts
to keep Doña Ana County youth safe
from substances use and misuse.

When: 10a.m.-12p.m. on the 3rd Thursday of each month

Where: 1280 Med Park, Las Cruces, New Mexico

Contact the **Unified Prevention Coalition**
to be added to our mailing list

upcoalition@swchi.org

Phone: (575) 597-0024



www.swchi.org/unified-prevention-coalition-for-dona-ana-county/

