

Working for a

Drug Free Community

Shelby County Drug Free/Drug Free Shelby County.

www.shelbycountydrugfree.com

OCTOBER 2017



A DOSE OF PREVENTION

October is National Medicine
Abuse Awareness Month

TEENS ARE GOING TO THE MEDICINE CABINET TO GET HIGH

What is DXM?

SUPPORT THE SHELBY COUNTY DRUG FREE COALITION AND HAVE A FEW LAUGHS AT THE SAME TIME!

A New Book Does Just That!

54 West Broadway Street, Suite 2 | Shelbyville, IN 46176 |

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A Dose of Prevention: Protecting Our Children from Medicine Abuse



October is National Medicine Abuse Awareness Month. National Medicine Abuse Awareness Month promotes the message that over-the-counter and prescription medicines are to be taken only as labeled or prescribed, and that using such medicines to get high or in large doses can cause serious or life-threatening consequences. The access teenagers often have to prescription medicines in home medicine cabinets and the lack of understanding by teenagers of the potential harms of these powerful medicines make it more critical than ever to raise public awareness about the dangers of medicine abuse.

As parents, aunts, uncles, grandparents, teachers, and other concerned adults, we spend a lot of time helping teens navigate the challenges that could ground them for life. Perhaps one of the biggest challenges teens face is substance abuse. While we may talk to them about the hazards of alcohol use, drunk driving, and of abusing illegal drugs like marijuana, heroin, and cocaine, we often forget about those drugs that are found right in our own medicine cabinets – prescription drugs and over-the-counter medicines.

Today, prescription (Rx) drugs are the second most abused category of drugs after marijuana, with one in five young adults reporting that they have abused a prescription drug. In addition, according to the 2016 Monitoring the Future Survey, 3 percent of teens have abused over-the-counter (OTC) cough medicines containing the active ingredient dextromethorphan (DXM) to get high over the past year. When abused in extreme excess—sometimes as much as 25 to 50 times the recommended dose—DXM can produce dangerous side effects, especially when combined with alcohol, illicit drugs, or certain prescription drugs.

So why is OTC and Rx drug abuse happening? Surveys show that teens mistakenly believe medication abuse is an acceptable and safer alternative to illicit drug use. The flawed thinking goes, “these drugs are prescribed by doctors and available at local drug stores so how bad can they be?” Easy access also plays a role. After all, Rx and OTC medicines are found right in our own medicine cabinets, at a friend or family member’s home, or at local drug stores.

That’s why it’s vital that caregivers be vigilant of the possible signs of abuse. If you see your child making frequent purchases of OTC cough medicines from the same or different stores, or from the Internet (for example, note the arrival of unexpected packages), or if you find empty bottles or packages of cough medicine in his/her bedroom, red flags should fly. And if you notice that he/she is exhibiting odd behavior, excessive mood swings, has an increase or decrease in sleep, declining grades or a loss of interest in friends and activities, then chances are something is wrong and you should have a parent/child talk.

So while we cannot protect children from everything that can hurt them, we can make a difference when it comes to prescription and over-the-counter medicine. Talk to them about the dangers of medicine abuse; safeguard your medicines; keep track of the medicines in your home and learn how to properly dispose of medications when they are no longer needed. And remember to model good behavior by not sharing your medications and only taking them according to your doctor’s orders or by following the instructions on the label.

Teens are going to the medicine cabinet for a high.



*Around 3 percent of teens report abusing a over-the-counter (OTC) cough medicines containing **dextromethorphan (DXM)**.*

WHAT IS DXM?

- **Dextromethorphan (DXM)** is the active ingredient in most OTC cough medicines.
- DXM is the **most widely used cough suppressant** ingredient in the United States.
- When used correctly, DXM-containing medicines are safe and effective, but **when abused** in higher than recommended doses, DXM can produce **dangerous side effects**.

WHAT ARE THE SIDE EFFECTS OF ABUSE?

- **Side effects** from DXM abuse include:
 - Nausea and vomiting
 - Abdominal pain
 - Confusion
 - Drowsiness
 - Dizziness
 - Double or blurred vision
 - Slurred speech
 - Rapid heart beat
 - Impaired physical coordination
 - Numbness of fingers and toes
 - Disorientation

WHAT SHOULD PARENTS LOOK FOR?

PARENTS:

Learn about teen medicine abuse

www.StopMedicineAbuse.org

In the medicine cabinet...

- Look for the **StopMedicineAbuse.org icon** on the bottles or boxes to identify medicines containing DXM.
- **More than 100 medicines** containing DXM are on the market. They come in the form of liquids, capsules, gelcaps, lozenges, and tablets.

Warning Signs...

- Listen for slang terms like "skittling," "triple c's" or "robotripping."
- Warning signs like empty bottles or packages in your child's backpack or trash.

WHAT CAN PARENTS DO?

TALK to your teen about OTC cough medicine abuse.

MONITOR your medicine cabinets and your teen's activities.

SHARE what you have learned with other parents and community leaders.

Support the Shelby County Drug Free Coalition and have a few laughs at the same time!

Introduction

George Young and Darryl Curson have been lifelong friends since they were toddlers on St. Mary Street in Shelbyville, Indiana in the early 1950s. They attended the same Shelbyville schools through high school and ultimately college at Indiana University, Bloomington. Something in their early surroundings nurtured a basis for their shared appreciation of odd absurdities of life. Perhaps it was the DDT mosquito fogging trucks that frequently sprayed St. Mary Street during the hot summers. George has always enjoyed sharing his awful jokes and puns with family, friends, colleagues and acquaintances. Darryl has always expressed his sense of humor via his cartoons and caricatures. Both these friends eventually left their hometown to pursue their careers, only occasionally meeting at class reunions. After retirement, they re-connected via a hometown Facebook page, Darryl publishing a daily cartoon strip and George posting daily humorous one-liners. Thus the idea to collaborate on an illustrated book of hilarious one-liners was launched. They ultimately settled on producing what you see in this book.

Dedication

This book is dedicated to the battle against the opioid epidemic that is so profoundly impacting our country and specifically the hometown of George & Darryl. Our families have deep roots in Shelby County going back to the early 19th century. We want to give back to our community and help fight this problem. The devastating effects of opioids are dramatically changing the character of this small Hoosier town and is tearing at the very fabric of the community. The royalties generated by this book will be exclusively directed to Shelby Co, Indiana solely toward fighting the drug crisis, raising awareness of the disease of addiction and the opioid epidemic that has ravaged our hometown. It is also our hope to bring a few smiles along the way.

Did you hear the one about

A BOOK OF PUNS, ONE LINERS, AND WITTICISMS COMPILED BY GEORGE YOUNG & ILLUSTRATED BY DARRYL CURSON



"This is not a joke book to be tossed aside lightly. It should be thrown with great force." NY World Press.

"Once you've put this book down, you simply can't pick it up again." Shelbyville Gazette.

"There are two ways of disliking puns; one way is to simply dislike them; the other is to read Young and Curson." The Walkerville Daily Post.

"....." Ms. Chenoweth, George & Darryl's HS English teacher drawing upon her exceptional command of the English language.

"This book of one liners isn't remotely comparable to George RR Martins, 'Game of Thrones' however it definitely belongs on the Porcelain Throne" New Jersey Review of Books.



All proceeds will go to the Shelby County Drug Free Coalition/Drug Free Shelby County

Visit Amazon.com to purchase your book now!

Talk to your kids about the abuse of over-the-counter medications!

We're working to keep kids drug and alcohol free - are you?



OCTOBER is MEDICINE ABUSE AWARENESS MONTH

Prescription medicine is a critical part of our cultural fabric and it sometimes seems as if there is “a pill for every ill.” The fact is we live in a society where the potential for prescription drug abuse and addiction is ever present. Among teens and young adults, next to marijuana, Rx drugs are the most commonly abused substances. Young people are abusing pain relievers, depressants and stimulants to go to sleep, wake up, study, stay alert and/or get high.

Misuse or abuse of prescription drugs means taken in ways or amounts not intended by a doctor, or taken by someone other than the person for whom they are prescribed, even if for a legitimate medical complaint such as pain.

Prescription drug misuse or abuse can have serious adverse health effects, including overdose – especially when taken along with other drugs or alcohol. (NIDA)

Many teens and young adults still believe that Rx medications are safer to use than illegal drugs, and sadly these medications proves all too easy to get and are as addictive and dangerous as illicit drugs.

Talking regularly youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

SHATTER THE MYTHS – WITH THE FACTS!

DID YOU KNOW?

- *Every day, 2000 kids get high for the first time on a prescription drug (DEA).*
- *Drug overdoses have now surpassed car crashes as the leading cause of accidental death in the U.S. (CDC).*



October Fast Facts

FAST FACT #1

5 million teens report they can get prescription drugs to get high within an hour. Keep your prescriptions out of sight, so your teens cannot have access. (National Center on Addiction and Substance Abuse)

FAST FACT #2

Between 6 and 7 million Americans, age 12 and older, have misused a prescription painkiller (e.g., OxyContin, Percocet, Vicodin), sedative (e.g., Valium, Xanax), or stimulant (e.g., Ritalin, Adderall) in the past month. (SAMHSA)

FAST FACT #3

Almost 1 in 4 teens (23%) report abusing or misusing a prescription drug at least once in their lifetime. After marijuana and alcohol, prescription drugs are the third most abused category of drugs. (Partnership for Drug-Free Kids)

FAST FACT #4

New risks for addiction and substance abuse may emerge for individuals in middle age who face financial pressures, divorce, the empty nest, personal or family illness, the economic and emotional stresses of caring for aging parents, or the death of a parent or other loved one. (National Center on Addiction and Substance Abuse)

Thankful

TO BE DRUG FREE

FEATURING SPEAKER BRANDON SUTTON



RED RIBBON BREAKFAST

NOVEMBER 3, 2017
REGISTRATION 8:30 A.M.
BREAKFAST 9:00 A.M.

MAXIM EVENTS
1415 EAST MICHIGAN ROAD

RSVP: SCDFC.LKSPRINGER@GMAIL.COM
OR (317) 398-3135

