





# Protecting Children from Prescription Stimulant Abuse

Stimulant medications including amphetamines (e.g., Adderall) and methylphenidate (e.g., Ritalin and Concerta) are often prescribed to treat children, adolescents, or adults diagnosed with attention-deficit hyperactivity disorder (ADHD).

Prescription stimulants have a calming and “focusing” effect on individuals with ADHD. They are prescribed to patients for daily use, and come in the form of tablets or capsules of varying dosages. Treatment of ADHD with stimulants, often in conjunction with psychotherapy, helps to improve ADHD symptoms along with the patient’s self-esteem, thinking ability, and social and family interactions.

A growing number of teenagers and young adults are abusing prescription stimulants to boost their study performance in an effort to improve their grades in school, and there is a widespread belief that these drugs can improve a person’s ability to learn (“cognitive enhancement”).

Prescription stimulants do promote wakefulness, but studies have found that they do not enhance learning or thinking ability when taken by people who do not actually have ADHD. Also, research has shown that students who abuse prescription stimulants actually have lower GPAs in high school and college than those who don’t. Because they suppress appetite, increase wakefulness, and increase focus and attention, they are frequently abused for purposes of weight loss or performance enhancement. Because they may produce euphoria, these drugs are also frequently abused for recreational

purposes (i.e., to get high). Euphoria from stimulants is generally produced when pills are crushed and then snorted or mixed with water and injected.

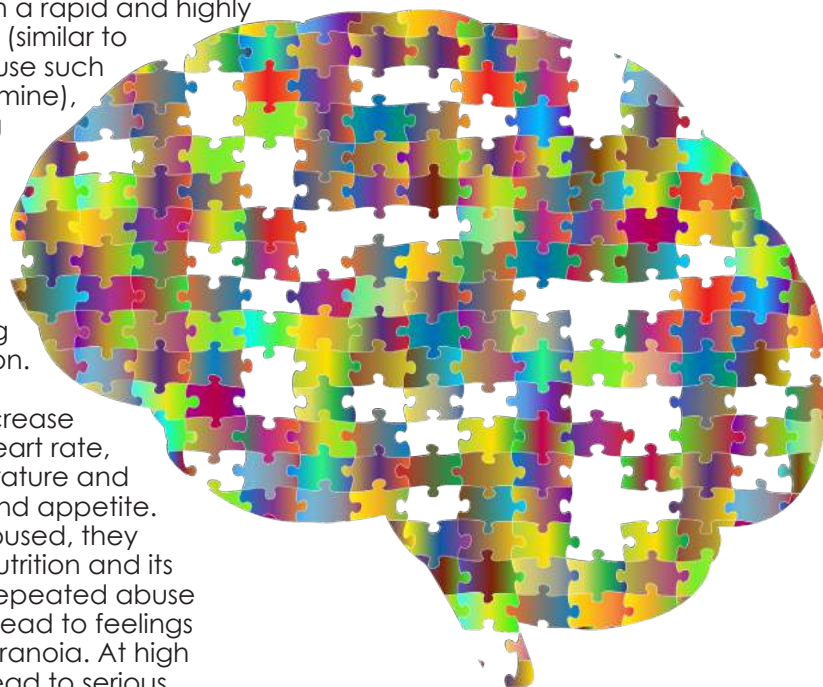
All stimulants work by increasing dopamine levels in the brain—dopamine is a neurotransmitter associated with pleasure, movement, and attention. The therapeutic effect of stimulants is achieved by slow and steady increases of dopamine, which are similar to the way dopamine is naturally produced in the brain. The doses prescribed by physicians start low and increase gradually until a therapeutic effect is reached.

When taken in doses and via routes other than those prescribed, prescription stimulants can increase brain dopamine in a rapid and highly amplified manner (similar to other drugs of abuse such as methamphetamine), thereby disrupting normal communication between brain cells and producing euphoria and, as a result, increasing the risk of addiction.

Stimulants can increase blood pressure, heart rate, and body temperature and decrease sleep and appetite. When they are abused, they can lead to malnutrition and its consequences. Repeated abuse of stimulants can lead to feelings of hostility and paranoia. At high doses, they can lead to serious cardiovascular complications, including stroke.

This information and data indicate that we need to do a better job alerting all segments of society – including youth that misuse of prescription medication is extremely dangerous. Kids need to hear from parents that getting high on legal prescription drugs is just as dangerous as getting high on illegal street drugs. Keep kids safe—monitor all prescription medications closely and discuss the risks of non-medical use of prescription drugs with your children today.

Source: NIDA





# UNDERAGE DRINKING...

## IT'S NON-NEGOTIABLE NO USE – NO WAY!

Many parents wrestle with the issue of underage drinking. Ideally, no parent wants their teen to drink or use drugs, but some parents are tempted to accept teen drinking as a harmless rite of passage. It's unhealthy and unsafe behavior.

So how can you protect your child from harm?

Here are some tips:

- There is no "safe" level of alcohol or drug use when it comes to teenagers. To keep your kids safe, adopt a "no use" policy. Make sure your kids know they are not allowed to drink at other people's homes as well.
- As parents or caregivers, present a united front, especially when it comes to issues regarding your teen's safety and protection.
- Don't send mixed messages by trying to "bargain" with your teen about drinking and other risky behaviors. Trying to limit use to home sends mixed messages. It tells your teen that drinking is okay, and puts him at great risk.
- Forget about being the "cool" parent. Parents who are permissive have kids who are more likely to get into trouble, including traffic crashes, engaging in violence, unsafe sex and substance use.

Your words and actions DO matter. Remember, silence isn't golden, it's permission—have a talk with your kids today. Send this simple yet powerful message: underage drinking and drug use are unhealthy, unsafe, and unacceptable!

FEBRUARY

## FAST FACTS

### FAST FACT #1

About 10 percent of 12-year-olds say they have tried alcohol. By age 15, that number jumps to 50 percent. The sooner you talk to your children about alcohol, the greater chance you have of influencing their decision not to drink. (SAMHSA)

### FAST FACT #2

Research shows that children exposed to family alcohol abuse or dependence are more likely to develop depression or anxiety in adolescence and use alcohol or other drugs early on. Having a parent who is dependent on drugs or alcohol can lead to lifelong problems if the child or teen doesn't get help and support. (NIDA)

### FAST FACT #3

Since 1999, the amount of prescription opioids sold in the U.S. nearly quadrupled, yet there has not been an overall change in the amount of pain that Americans report. Deaths from prescription opioids—drugs like oxycodone, hydrocodone, and methadone—have more than quadrupled since 1999. (CDC)

### FAST FACT #4

Underage alcohol use isn't limited to frat houses and football games. In fact, the age at which kids start experimenting with alcohol is younger than ever. By the time they reach the eighth grade, nearly half of all adolescents have had at least one drink - and over 20 percent report having been "drunk." (NIAAA)



# Shelby County Drug Free Coalition Orange Ribbon Breakfast

## NO ONE FIGHTS ALONE



*Please plan to join us for a breakfast honoring  
our first responders.*

*Please RSVP.*

*April 6, 2018*

*Registration: 8:30 a.m.*

*Breakfast: 9:00 a.m.*

*Maxim Events*

*1415 East Michigan Road*

*RSVP: [scdfc.lkspringer@gmail.com](mailto:scdfc.lkspringer@gmail.com)*

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## Cocoa and Canvas - A Success!

On February 11, the Shelby County Youth Council, a committee of the Shelby County Drug Free Coalition held the first ever Canvas and Cocoa. The event was geared towards anyone five years old and up. The event was SOLD-OUT success.

Thank you to everyone who attended. Please keep an eye out for our next event!



# Parenting Styles and Underage Drinking

Drinking alcohol undoubtedly is a part of American culture, as are conversations between parents and children about its risks and potential benefits. However, information about alcohol can seem contradictory. Alcohol affects people differently at different stages of life—small amounts may have health benefits for certain adults, but for children and adolescents, alcohol can interfere with normal brain development.

Alcohol's differing effects and a parents' changing role in their children's lives as they mature and seek greater independence can make talking about alcohol a challenge. Parents may have trouble setting concrete family policies for alcohol use. And they may find it difficult to communicate with children and adolescents about alcohol-related issues.

Research shows, however, that teens and young adults do believe their parents should have a say in whether they drink alcohol. Parenting styles are important—teens raised with a combination of encouragement, warmth, and appropriate discipline are more likely to respect their parents' boundaries. Understanding parental influence on children through conscious and unconscious efforts, as well as when and how to talk with children about alcohol, can help parents have more influence than they might think on a child's alcohol use.

Parents can play an important role in helping their children develop healthy attitudes toward drinking while minimizing its risk.

Accumulating evidence suggests that alcohol use—and in particular binge drinking—may have negative effects on adolescent development and increase the risk for alcohol dependence later in life. This



underscores the need for parents to prevent or help delay the onset of drinking as long as possible. Parenting styles may influence whether their children follow their advice regarding alcohol use.

Every parent is unique, but the ways in which each parent interacts with his or her children can be broadly categorized into four styles:

- Authoritarian parents typically exert high control and discipline with low warmth and responsiveness. For example, they respond to bad grades with punishment but let good grades go unnoticed.
- Permissive parents

typically exert low control and discipline with high warmth and responsiveness. For example, they deem any grades at all acceptable and fail to correct behavior that may lead to bad grades.

- Neglectful parents exert low control and discipline as well as low warmth and responsiveness. For example, they show no interest at all in a child's school performance.
- Authoritative parents exert high control and discipline along with high warmth and responsiveness. For example, they offer praise for good grades and use thoughtful discipline and guidance to help improve low grades.

Regardless of the developmental outcome examined—body image, academic success, or substance abuse—children raised by authoritative parents tend to fare better than their peers. This is certainly true when it comes to the issue of underage drinking, in part because children raised by such parents learn approaches to problem solving and emotional expression that help protect against the psychological dysfunction that often precedes alcohol misuse. The combination of discipline and support by authoritative parents promotes healthy decision-making about alcohol and other potential threats to healthy development. (Source: NIAAA)



# Rx DRUG MISUSE...NOT WHAT THE DOCTOR ORDERED!

Prescription drug misuse is when someone takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor or for a different reason—like to get high. It has become a big health issue because of the dangers, particularly the danger of misusing prescription pain medications. For teens, it is a growing problem:

- After marijuana and alcohol, prescription drugs are the most commonly misused substances by Americans age 14 and older.
- Teens misuse prescription drugs for a number of reasons, such as to get high, to stop pain, or because they think it will help them with school work.
- Most teens get prescription drugs they misuse from friends and relatives, sometimes without the person knowing.
- Boys and girls tend to misuse some types of prescription drugs for different reasons. For example, boys are more likely to abuse prescription stimulants to get high, while girls tend to abuse them to stay alert or to lose weight.

When prescription drugs are taken as directed, they are usually safe. It requires a trained health care clinician, such as a doctor or nurse, to determine if the benefits of taking the medication outweigh any risks for side effects. But when misused and taken in different amounts or for different purposes than as prescribed, they affect the brain and body in ways very similar to illicit drugs.

When prescription drugs are misused, they can be addictive and put the person at risk for other harmful health effects, such as overdose (especially when taken along with other drugs or alcohol). And, misusing prescription drugs is illegal—and that includes sharing prescriptions with family members or friends.

(Source: NIDA)



The advertisement is set against a light green background. It features a dark green horizontal band in the center. On the left of this band is a photograph of an orange pill bottle lying on its side with several blue and white capsules spilled out. On the right is a photograph of a few more blue and white capsules. The text within the dark green band reads: "The three types of prescription drugs most commonly abused are: Opioids, Depressants, Stimulants" with "\*NIDA" in smaller text below. Below the dark green band, the text "We're working to keep kids drug and alcohol free... are you?" is written in a bold, green, sans-serif font. To the right of this text is the Cady Inc. logo, which is a circular emblem with a castle and the text "Cady Inc. Communities for Alcohol and Drug-Free Youth". Below the logo, the website "www.cadyinc.org" and the phone number "603-536-9793" are listed.

**The three types of prescription drugs most commonly abused are:**

**Opioids  
Depressants  
Stimulants**

\*NIDA

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

**www.cadyinc.org  
603-536-9793**

**CADY**  
Communities for Alcohol and Drug-Free Youth

## Helping communities address prescription drug misuse

### What is **Generation Rx**?

Prescription medications can help us live longer and healthier lives, but any medication has the potential to do harm — especially when misused.

The Cardinal Health Foundation and The Ohio State University College of Pharmacy developed Generation Rx, which aims to educate people of all ages about the potential dangers of misusing prescription medications. In doing so, we strive to enhance medication safety among our youth, college students, adults and seniors.

#### Use Generation Rx resources to help change these statistics:



More than

**6 MILLION  
AMERICANS**

age 12 and older have  
used a prescription drug  
non-medically in the  
past month.



**DRUG  
OVERDOSE**

is the leading cause of  
accidental death in the  
United States.



Approximately

**5,500  
AMERICANS**

misuse a prescription  
medication for the first  
time every day.

#### Generation Rx key messages are simple:

- Take medication exactly as prescribed
- Store prescription drugs in locked and secure locations and properly dispose of medications that you no longer need
- Promote safe medication practices and teach others to do the same

Brought to you by:



**CardinalHealth**  
FOUNDATION



**THE OHIO STATE UNIVERSITY**  
COLLEGE OF PHARMACY

# Take Action

1

Visit [generationrx.org](http://generationrx.org)

2

Learn about the issue and safe medication practices

3

Take action by teaching medication safety to others — download the free educational resources to assist you

## Educational Programs

Generation Rx resources are designed to educate people of all ages within your community.



ELEMENTARY



TEEN



COLLEGE



ADULT



PATIENT



SENIOR



WORKPLACE

Visit [generationrx.org](http://generationrx.org) and explore our mobile-friendly, interactive site. Watch and share our video, tell us your story and learn how to make a difference in your community.

## Our Impact



More than  
**\$4 MILLION**  
has been invested nationwide in partnerships and grants.



**EVERY STATE**  
Generation Rx educational resources have been used in every state.



Over  
**80 COLLEGES**  
of pharmacy nationwide use Generation Rx.



Pharmacists in  
**37 STATES**  
have been honored with the Generation Rx Champions award.

Brought to you by:



**THE OHIO STATE UNIVERSITY**  
COLLEGE OF PHARMACY



**CardinalHealth**  
FOUNDATION



# 7 Facts About Teens and Drug Use

1. The United States represents 5% of the world's population and 75% of prescription drugs prescribed.
2. The majority of teens who abuse prescription drugs get them from friends and relatives.
3. More teens die from prescription drug misuse than heroin and cocaine combined.
4. Adderall misuse (often prescribed to treat ADHD) has increased among high school seniors from 5.4 % in 2009 to 7.5% in 2015.
5. By the 8th grade, 22.8% of adolescents have consumed alcohol, 9.8% have smoked cigarettes, and 12.8% have used marijuana.
6. Teens who consistently learn about the risks of drugs from their parents are up to 50% less likely to use drugs than those who don't.
7. About 50% of high school seniors do not think it's harmful to try crack or cocaine once or twice, and 36% believe it's not harmful to use heroin once or twice.

SOURCES: National Institute on Drug Abuse (NIDA),  
Center for Disease Control and Prevention (CDC),  
Monitoring the Future Survey (NIDA)

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



AMONG THOSE INDIVIDUALS WHO ARE LEGALLY PRESCRIBED  
RX STIMULANTS, MORE THAN 1 IN 4 YOUNG ADULTS REPORT  
EXAGGERATING SYMPTOMS TO OBTAIN A LARGER DOSAGE OF  
THEIR MEDICATIONS FROM THEIR PHYSICIANS.

**\*PARTNERSHIP FOR DRUG-FREE KIDS**