

## Start a dialogue

Teens whose parents regularly speak about the dangers of drug use are 50% less likely to abuse drugs in their lifetime\* (SAMHSA)

## Preventative Action

The first and highly effective way to stop the cycle of drug abuse is to stop access to unnecessary highly addictive prescription drugs

1. **Monitor**– Keep careful track of the number of pills prescribed to you. This will allow you to recognize when some are missing
2. **Secure**– Store your prescription drugs in a safe place that is out of reach and hidden.
3. **Dispose**– Unneeded prescription drugs pose a threat to the people who possess them, their loved ones, and the community at large



Safely dispose unwanted/expired prescription meds at the dropbox located in the lobby of the Darien Police Station, 25 Hecker Lane

No questions asked.

## Need Help?

### Substance Abuse Services

- Liberation Programs, youth and adult...203-851-2077
- Recovery Program at Greenwich Hospital... 203-863-3000
- St. Vincent's Behavioral Health Services... 203-227-1251
- Silver Hill Hospital... 866-542-4455
- Parent Support Group... 203-564-6374

### Hotlines

- Crisis... 203-258-8500
- CT alcohol and drug abuse... 844-244-3171
- Prescription Opioids or Heroin addiction... 1-800-563-4086
- Youth ... 2-1-1

For more info and a list of dropbox locations, visit [www.NoRxAbuse.com](http://www.NoRxAbuse.com)

Darien Health Department  
Town Hall, Room 109  
2 Renshaw Road  
Darien, CT 06820  
Phone: 203-656-7320



Follow us on Twitter @DarienHealth and join our campaign by using

#DrugFreeDarien

# Prescription Drug Abuse

The deadly statistics, why it's happening, and what you can do to help end the cycle



Darien Health Department

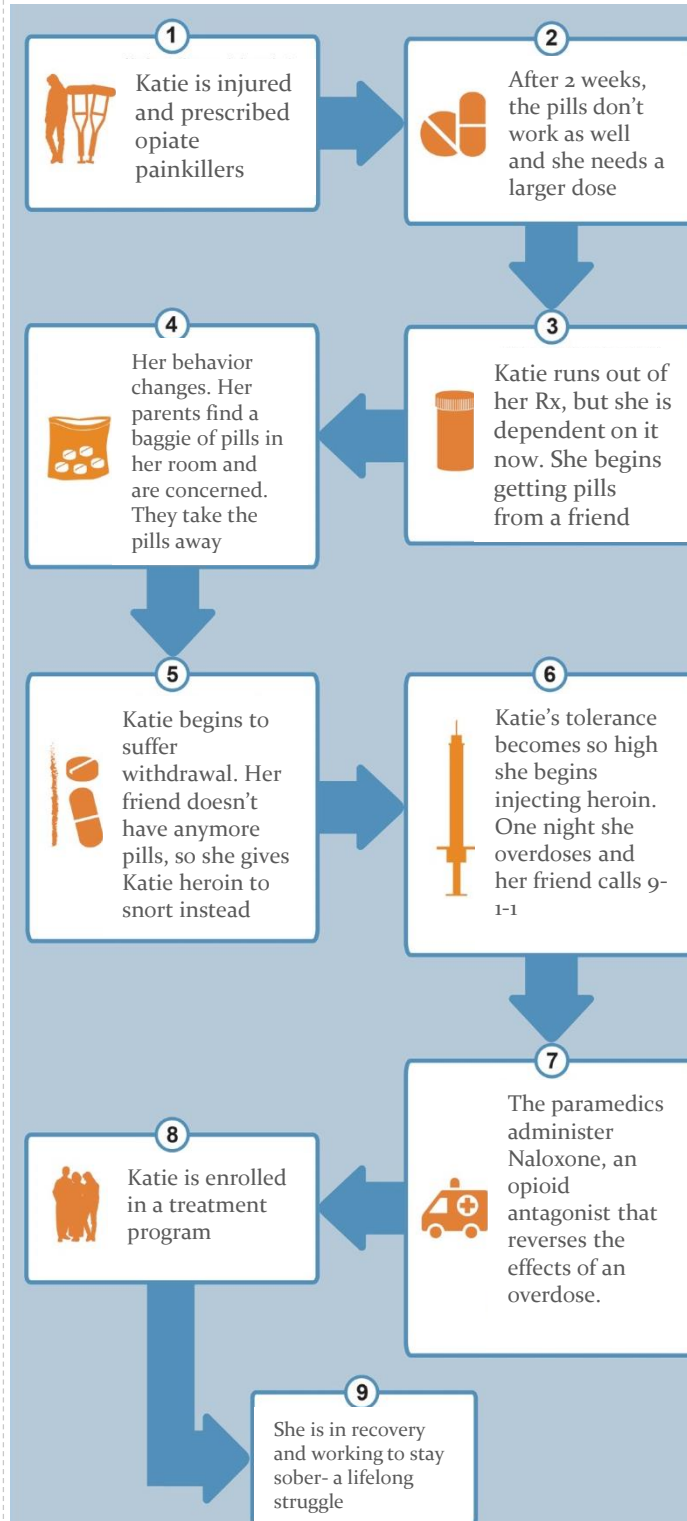
“We ended up, a few years ago, with approximately 9 billion individual pills — oxycodone and hydrocodone derivatives and other strong opioids — being prescribed in this country annually. [That’s] equivalent to 30 strong opioid pills for every man, woman, and child in our country,”

*Bertha Madras, Harvard Medical School*

## The Epidemic

- Almost half of all Americans use at least one prescription drug, more than 10 percent use five or more. (JAMA)
- The United States represents 5% of the world’s population and 75% of prescription drugs taken. (CNN)
- 40 US deaths every day due to prescription painkillers. (CDC)
- #1 cause of overdose deaths is from an opioid overdose. (CDC)
- 1 in 4 teens have misused a prescription drug in their lifetime. (PATS)
- 2/3 of teens who report prescription drug abuse obtained the substance from friends or family. (SAMSHA)
- 8/10 new heroin users start due to abuse of prescription painkillers. (NIDA)
- Opiates have an 80% relapse rate for addicts. (SAMSHA)
- The spread of prescription drug abuse and heroin addiction is highest in young people living in predominantly white suburbs. (NCBI)

## From Rx to Heroin



## Other High Risk Drugs: Teens and Young Adults

Teens are especially susceptible to addiction due to incomplete brain development.

- Benzodiazepines and stimulants are substances that are commonly abused by teens
- High stress academic and competitive environments make students especially susceptible to abusing stimulants like Adderall as study aids
- Young adults that abuse Adderall are also recognized as being 5x more likely to abuse prescription pain medication (NIDA)

## Connecticut's Action

Connecticut state government has enacted legislation to help address and prevent widespread drug abuse, as Connecticut is one of the top 10 states for illicit drug dependence among ages 18-25. Actions taken include:

- Increasing access to opioid antagonists, Narcan a medication used to treat a drug overdose
- Establishing a statewide prescription drug monitoring program
- Enacting “Good Samaritan” laws that provide immunity for a) people who seek medical assistance for themselves or another person experiencing a drug overdose or b) prescribe/administer opioid antagonists to person experiencing a drug overdose
- Establishing a seven day limit on certain opioid prescriptions