

DON'T BE A SPECTATOR

WHEN IT COMES TO **STARTING CONVERSATIONS** WITH OTHERS ABOUT PRESCRIPTION OPIOIDS



What are Opioids?

Opioids are a class of powerful and potentially addictive drugs that include the illicit drug heroin and legal prescription pain relievers, such as oxycodone (OxyContin® and Percocet®), hydrocodone (Vicodin®), codeine, morphine, and many others.

¹ NIH, FDA

1 Understand why

The teen brain continues to develop through adolescence until the mid 20's. These years are critical for development of the brain, particularly regions of that brain that assist in impulse and emotional control. Misuse of prescription drugs, especially highly addictive drugs such as opioids, can alter development, affect the reward system, and lead to increased risk of addiction as an adult.

2 Talk with your doctor/pharmacist

Talk openly with your doctor and explore alternatives to opioids. Share information about other medications being taken and don't be afraid to ask questions. Listen to your pharmacist and ensure that all provided instructions correspond to your doctors directions.

3 Inform your adolescents

Help adolescents make safe decisions, including the decision not to misuse or divert prescriptions. Explain implications of misuse and reinforce healthy behaviors.

4 Take Action

Spread awareness on safe use, safe storage, and safe disposal of prescription drugs in your community. Participate in your community prescription take back events.

» Visit: drugfree.org/medicine-abuse-project/ to access prescription resources for parents.

» Visit: takebackday.dea.gov/ to learn more about upcoming take back events



SAFE USE STARTS WITH YOU

- » Ask questions to doctors and pharmacists
- » Learn about your medications
- » Examine labels and read directions
- » Take medications as prescribed or directed
- » Don't share medications with others
- » Be aware of drug-drug interactions
- » Contact your doctor if you experience any adverse effects

SAFE STORAGE IS WITHIN REACH

- » Store all medications up and away and out of sight from family members, friends, visitors, and pets
- » Always keep original bottles, labels, and directions until you are finished using the medication
- » Keep track of your medication and count the amount that remains after each use (especially for highly addictive pain relievers such as opioids)

SAFE DISPOSAL IS A SOLUTION

- » Follow FDA guidelines for safe disposal of medications
- » Participate in prescription take back events and national drug take back days that occur several times each year
- » Dispose unused or unneeded medications at free prescription take back locations

When in doubt about proper disposal, contact your local pharmacist.

Visit: ilhpp.org/prescription-playbook/

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