

Hello Athlete Parent(s)/Guardian(s),

I'm so glad to have the opportunity to work with your student-athlete. Through regular check-ins with them, I plan to help them work towards recovery in the safest way possible.

It is my understanding that your child has been prescribed pain relief medication by their doctor to support them in the recovery process. Please take a moment to review the following information and safety precautions when it comes to prescription medication use:

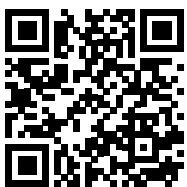
- **Safe use:** Please help to ensure that your athlete is only taking the medications as frequently and in the quantity prescribed. Should that not feel adequate for the current levels of pain they are experiencing, be sure to consult their doctor before altering dosage. Should your athlete feel that their pain is not excessive, they may be able to reduce the amount of pain medication taken and use alternative pain relief methods including physical therapy exercises, icing, massage therapy, etc. Again, consult your doctor regarding any changes.
- **Safe storage:** Safeguard medication in an area not accessible to your athlete or other children or pets in the household. Lock up medications in lock bottles or a locked storage cabinet. It is encouraged that parents/guardians distribute the prescribed amount of medication to their athlete and relock the medication after doing so.
- **Safe disposal:** When your athlete no longer needs the prescribed medication, be sure to dispose of it appropriately so it is not sitting around for accidental or continual use. Many communities have 24/7 drug disposal drop boxes and/or host bi-annual Drug Take Back Days. You can also use at-home disposal items like Detera pouches. For more information on Drug Take Back and Detera, scan the QR codes below.

Prevention of the misuse and abuse of prescription medications is incredibly important for people of all ages. However, for our adolescents, this is particularly important as their brains are still developing through their mid to late 20s. These years are critical for the development of the brain, particularly regions of the brain that assist in impulse and emotional control. The misuse of prescription medications, especially highly addictive medications such as opioid pain relievers, can alter development, affect the reward system, and lead to increased risk of addiction as an adult.

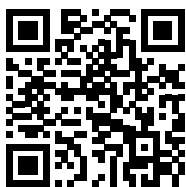
For more information, head to the Prescription Playbook's website by scanning the QR code below, or follow them on social media. Thank you!

Sincerely,

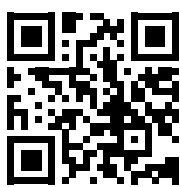
Your Student-Athlete's Athletic Trainer



SCAN FOR WEBSITE



SCAN FOR DRUG TAKE BACK



SCAN FOR DETERRA

