

# A HANDBOOK FOR KEEPING FAMILIES SAFE

FROM PRESCRIPTION PAIN KILLERS





# WHAT IS AN OPIOID?

A prescription opioid (or prescription painkiller) is a medication that, when used correctly, safely treats moderate to severe pain.

## **SOME IMPORTANT DEFINITIONS:**

### Prescription

A legal document written by a medical professional that allows pharmacists to give a specific medication to patients.

Pharmacy

EVERY 4-6 HOURS AS NEE PROCODONE/APAP 10

Dr. Auth Required

2-01-2016

### Prescription **Medication**

**Medication you can** only get from a pharmacist.

### Over-the-Counter **Medication**

**Medication that** can be bought and used without a doctor's prescription.

## **COMMON OPIOIDS EXAMPLES:**

Oxycodone (OxyContin®)

Hydrocodone (Vicodin® or Lortab®)

Morphine (Embeda®)

Oxymorphone (Dilaudid®)

Fentanyl (Duragesic®)

Codeine (Tylenol 3<sup>®</sup> or Robitussin AC<sup>®</sup>)



IN NEW MEXICO, MORE PEOPLE ACCIDENTALLY DIE FROM PRESCRIPTION OPIOID OVERDOSE THAN ALL OTHER DRUGS.

Approximately, the same number of people died from opioid overdose as motor vehicle accidents in New Mexico in 2017.

67% Grant County accidental overdose deaths included **Grant County accidental drug** prescription painkillers.

THAT IS ALMOST 30% HIGHER THAN THE NEW MEXICO AVERAGE



14% of Grant County high school students report misusing prescription painkillers.

# **ANYONE** CAN OVERDOSE. **ANYONE** CAN SAVE A LIFE. Naloxone. Carry it. Know how to use it.



### WHO IS AT RISK FOR OVERDOSE?

Those who are using opioid medications

Those who are taking opioids with multiple prescriptions or other substances, including alcohol, anti-anxiety medication, sleeping aids or muscle relaxants. Opioid doses greater than 90 mg of morphine per day or 60 mg of oxycodone per day.

Household members of people who are in possession of opioids, including prescription opioids.

# **MEDICATION SAFETY TIPS**

Take medication exactly as prescribed by your doctor. Know the color and shape of your pills.

Double check that the medication your doctor prescribed is the medication received from the pharmacy.

Read all medicine bottle labels and additional medication information carefully. If you have questions about a medication, ask your doctor or pharmacist.



# **QUESTIONS YOUR DOCTOR WANTS YOU TO ASK WHEN BEING PRESCRIBED MEDICATION**

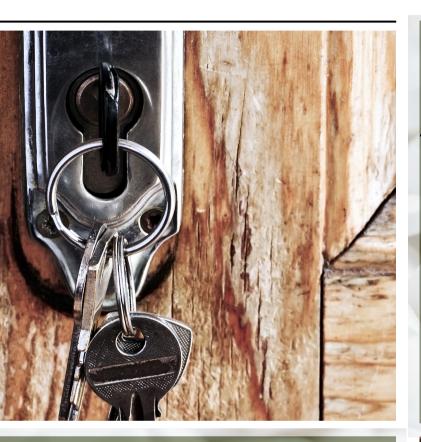
Is it safe to take this medication with other medications, vitamins and/or supplements?

How long should I take this medication? Will it be hard for me to stop taking this medication?

Should I start with a smaller prescription? How will this medication make me feel, and what are its side effects?

Is there anything else I can take (or do) instead? 4

# SIMPLE STEPS TO KEEP YOUR FAMILY SAFE



### LOCK UP MEDICATION

DO NOT ASSUME HIDING MEDICATION IS ENOUGH TO KEEP YOUR FAMILY SAFE.

Purchase a lock box or lock bag

Secure medications with a lock box or lock bag at home or when traveling

Store prescription opioids in a container that has a lock & key or combination

### **DO NOT SHARE** SHARING IS NOT ALWAYS CARING

Only your prescriber knows what and how much medication is safe for you.

Do not take prescription medications that are not prescribed for you.

Keep track of medication using a medication tracking log. (page 8)



# IT IS DANGEROUS TO KEEP UNUSED OPIOID PAIN MEDICATIONS IN THE HOME

Take your unused medication to a permanent drug disposal box location.

Take medications to DEA National Take Back Day locations available in April & October.

Use a drug deactivation kit to neutralize the chemicals. (example: Deterra Bag)

### or

Mix medicines (liquid or pills; do not crush tablets or capsules) with an unappealing substance such as dirt, cat litter, or used coffee grounds.

> Place the mixture in a container such as a sealed plastic bag.

Throw away the container in your trash at home.

See page 9 for safe disposal resources in your community.



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# THEY NEEDED YOU THEN



Research has shown that kids are 50% less likely to use drugs when parents talk to them about the risks.

(Substance Abuse and Mental Health Administration)

YOU DO NOT HAVE TO BE PERFECT.

YOU JUST HAVE TO BE THERE.

Download the Talk. They Hear You. mobile app to learn how to talk to the youth in your life.



# CHECK IN WITH YOUR KIDS. BECAUSE WHEN YOU TALK THEY HEAR YOU.

### FACTORS THAT MAY INCREASE THE RISK OF SUBSTANCE USE OR MISUSE INCLUDE:

Significant social transitions such as graduating to middle or high school or getting a driver's license.

A history of social and emotional problems.

Depression and other serious emotional problems.

A family history of alcoholism.

Contact with peers involved in troubling activities.

### **5 CONVERSATION GOALS**

- **1** Show you disapprove of drug and alcohol use/misuse.
- 2 Show you care about your child's health, wellness, and success.
- **3** Show you're a good source of information about drugs and alcohol.
- **4** Show you're paying attention and you'll discourage risky behaviors.
- 5 Build your child's skills and strategies for avoiding underage drinking and drug use.



It is recommended to start talking to youth as early as 9 years old.

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Plan to have many short talks.

# **Grant County Resources**

### FREE MEDICATION DISPOSAL LOCATIONS IN GRANT COUNTY

Look for the green MedReturn kiosk at two locations:

Bayard Public Safety Building 801 Central Ave.

Silver City 1106 N. Pope St.

### SAFE DISPOSAL RESOURCES

DEA Take Back Day www.takebackday.dea.gov

### **ACCESS TO NALOXONE**

Grant County Public Health Office 2610 N. Silver St., Silver City, NM 88061 575-388-9353



#### Reasons to call NMCAL....

- Thinking about wanting to die or kill oneself
- Concerned about use of alcohol or drugs
- Withdrawing or becoming isolated
- Talking about being a burden to others
- Sleeping too little or too much
- Experiencing extreme mood swings Talking about feeling hopeless, helpless, worthless, or having no reason to live
- If you just need someone to talk to

#### We're here to hear you



DRUG INFORMATION CENTER

**OTHER RESOURCES:** 

#### **WEBSITES**

THE NEW MEXICO CRISIS AND ACCESS LINE (NMCAL) NMCRISISI INF COM

**ONE DEGREE - GRANT COUNTY ONLINE RESOUCE SYSTEM IDEGREE.ORG/SWNM** 

#### HOTLINES

THE NEW MEXICO CRISIS AND ACCESS LINE (NMCAL) 1-855-662-7474

NM SUBSTANCE ABUSE HELPLINE 1-855-505-4505

**DRUG-FREE KIDS HELPLINE** 1-855-DRUGFREE (1-855-378-4373) OR TEXTING 55753

Professional counselors and peer supports are here to hear you 24/7/365

free and confidential

Crisis Line 1-855-662-7474

Warm Line 1-855-466-7100



In case of emergency

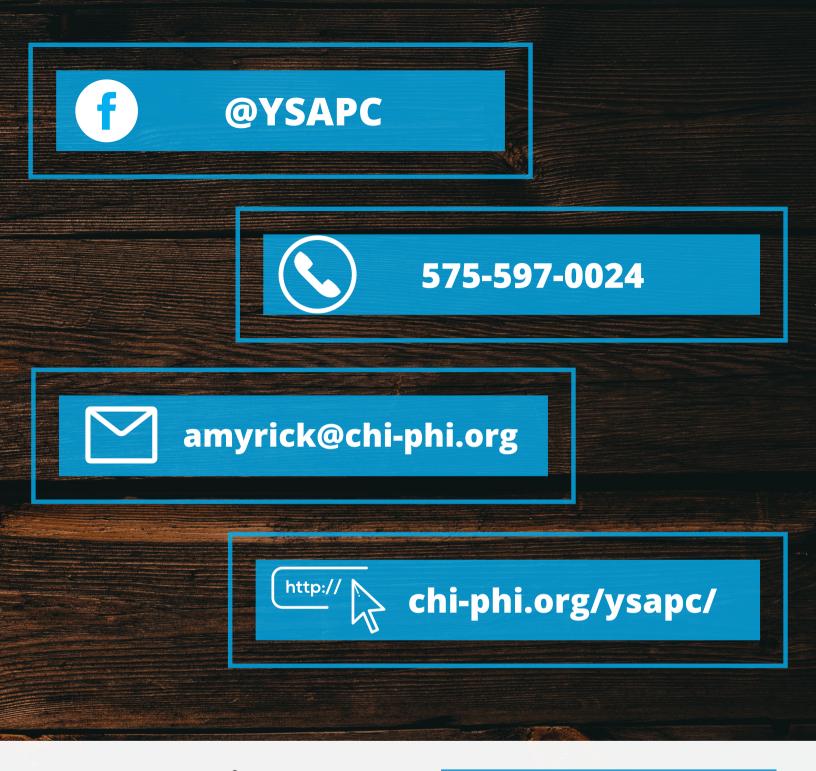
always CALL 911

www.nmcrisisline.com

For TTY access call 1-855-227-5485

## **Medication Inventory**

Name of Family Member	Medication name	Date Received	Quantity & Dosage	How often	Reason for taking	Prescribed by	Discard by
Grandma	Lisinopril	3/17/21	100 pills 10 mg	l a day	Blood Pressure	Dr. Physician	3/17/22





Youth Substance Awareness & Prevention Coalition



FUNDED BY THE NEW MEXICO OFFICE OF SUBSTANCE ABUSE PREVENTION.