



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.

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® or Robitussin AC®)



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 drug overdose deaths included 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.

NALOXONE

(also known as Narcan) is a safe and effective medication that blocks the effects of opioids and restores breathing.



In New Mexico
ANYONE
can request naloxone
from a local
pharmacy without
a prescription

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?

Will it be hard for me to stop taking this medication?

How will this medication make me feel, and what are its side effects?

How long should I take this medication?

Should I start with a smaller prescription?

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

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)



SAFE DISPOSAL

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

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

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

3 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.

**THEY
NEEDED
YOU
THEN**



**THEY
NEED
YOU
NOW**

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 Silver City
801 Central Ave. 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



**In case of emergency,
always CALL 911**

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

free and confidential

Crisis Line 1-855-662-7474

Warm Line
call or text 1-855-466-7100



www.nmcrisisline.com

For TTY access call
1-855-227-5485

Reasons to call NMCAL....

If you or someone you care about is:

- 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

OTHER RESOURCES:

WEBSITES

THE NEW MEXICO CRISIS AND ACCESS LINE (NMCAL)
NMCRISISLINE.COM

ONE DEGREE - GRANT COUNTY ONLINE RESOURCE SYSTEM

1DEGREE.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





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**Youth
Substance
Awareness &
Prevention
Coalition**

CHI

Center for Health Innovation