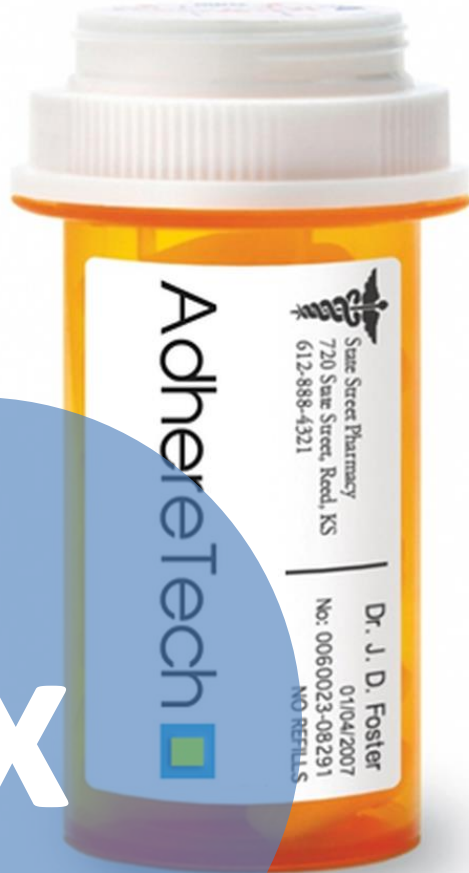




*National
Association of
School Nurses*


Safeguarding Your Community Responding to the Opioid Epidemic

How Did the Opioid Epidemic Occur?



Since 1999, the amount of prescription opioids sold in the U.S. nearly quadrupled, yet there has not been an overall change in the amount of pain that Americans report

(CDC, 2016)



IN 2012,
**ENOUGH OPIOID
PRESCRIPTIONS WERE WRITTEN
TO GIVE EVERY AMERICAN
ADULT A BOTTLE OF PILLS.**

It's time to address the opioid epidemic.

GO.WH.GOV/OPIOIDS

(Volkow, 2014)

Misuse and abuse of prescription medicine continues to be the **third most prevalent drug abuse behavior** measured among teens, following use of marijuana and alcohol

(Partnership for Drug-Free Kids, 2013)

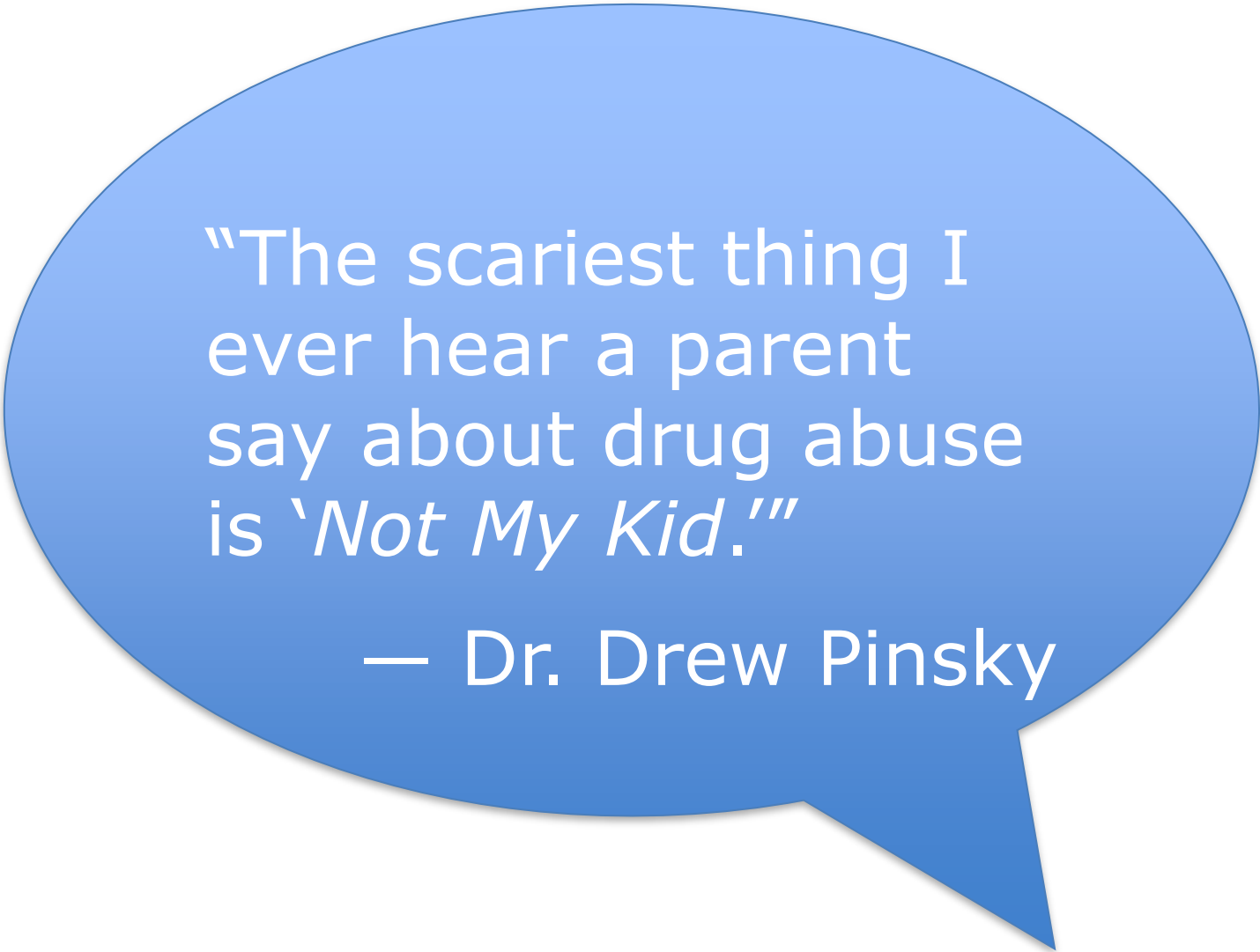


There is a misconception that prescription drugs are safe when in fact they are dangerous to use recreationally

(Feliz, 2014)



Graphic source: Janssen Pharmaceuticals, Inc, 2011



“The scariest thing I
ever hear a parent
say about drug abuse
is *‘Not My Kid.’*”

— Dr. Drew Pinsky

Commonly Abused Prescription Drugs

Opioids
(for pain)

Stimulants
(ADHD
medicines)

Benzodiazepines/
CNS Depressants
(for anxiety and sleep
disorders)

You May Know Them As...

Benzodiazepines

Xanax
Valium
Nembutal

Opioids

Hydrocodone
Vicodin
Percocet
Oxycontin
Demerol
Fentanyl

Stimulants

Ritalin
Concerta
Adderall
Dexadrine

**Important to understand the body
doesn't know the difference**

Opioid

=

Opioid

From a prescription

From heroin

**Most teens get
their hands on
prescription
drugs from the
homes of
friends and
relatives**

(Driscoll-Malliarakis, 2009)



Why Kids Abuse Prescription Medicines?

- Easy access
- Perceive them to be safer
- To get high
- To help them study
- To relieve stress and anxiety
- To experiment
- To fit in



(Partnership for Drug-Free Kids, 2013)

The Heroin Epidemic

- A trend exists for adolescents using prescription opioid agents to substitute heroin because it is significantly cheaper than pills (approximately half of the cost) and is often more readily available

(Fogger & McGuinness, 2015)



There has been a significant rise in the number of people aged 12 and older who received treatment for a heroin problem—
from 277,000 in 2002 to 526,000 in 2013

(Substance Abuse and Mental Health Services Administration, 2015)



What can our community do to prevent teen drug abuse?



Dispose of Unused Medications

Community Drug Take-Back Days and Drug Drop Boxes



Got Drugs?



Graphic source: U.S. Department of Justice, 2016



Dispose of medications properly, as soon as the course of treatment is done. Do not keep prescription medications around "just in case."

Graphic source: CDC, 2014

Provide Education



Graphic source: National Institute on Drug Abuse, 2016

Smart Moves/Smart Choices

Sponsored by
Janssen Pharmaceuticals in
partnership with
The National Association of
School Nurses



**Smart
Moves
Smart
Choices**

A Comprehensive Program for Schools

**Smart
Moves
Smart
Choices**



When you take it the right way, medicine can be safe and make you feel better.

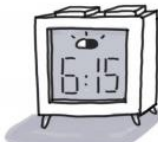
When you are not feeling well, the doctor or nurse will tell your parents, or the person who cares for you, which medicine you should take, how much to take, and when to take it.



Which medicine to take.



How much to take.



When to take it.



DOCTOR'S OFFICE



Grades K-2 Workbook • SmartMovesSmartChoices.org

2



small things can be **deadly**



When you take prescription (Rx) medications to get high, you put yourself in **danger**

Don't get bitten.

Smart
Moves
Smart
Choices

Find out about the serious risks of teen Rx drug abuse at
SmartMovesSmartChoices.org

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As many as
1 in 4
PEOPLE

receiving prescription
opioids long term in a
primary care setting
struggles with
addiction.

Know What to Watch For

- Starts behaving differently for no apparent reason
- Acting withdrawn
- Frequently tired or depressed, or hostile
- Change in peer group
- Carelessness with grooming
- Decline in academic performance



(National Institute on Drug Abuse, 2016)

Know What to Watch For



- Missing classes or skipping school
- Loss of interest in favorite activities
- Trouble in school or with the law
- Changes in eating or sleeping habits
- Deteriorating relationships with family members and friends

(National Institute on Drug Abuse, 2016)

Teach friends
and family-

**DON'T RUN-
CALL 911**



**EXTREME SLEEPINESS,
DIFFICULT TO AROUSE**

Cold, clammy, confused

**Blue
fingernails**

See An Overdose?

Call 911

**Slurred
speech**

Be A Hero Make The Call!

Trouble breathing

Pinpoint pupils

Overdose is common among persons
who use opioids, including heroin users

(CDC, 2012)

Naloxone Saves Lives!

Overdose

Oxygen starvation leads to:

Unconsciousness



Coma



Death

Within 3-5 minutes without oxygen, brain damage starts to occur, soon followed by death

(Harm Reduction Coalition, n.d.)

Safety of Using Naloxone

- Naloxone is the first line treatment for opioid overdose
- Should be administered IMMEDIATELY
- Parents & school administrators should not be concerned about adverse health effects of naloxone
 - If the person has not overdosed on an opioid, there is no effect on the body!

(Green, Heimer, & Grau, 2008)

Community Access to Naloxone



THANK YOU!

Questions??

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