



# Parents: Help Prevent Prescription Drug Misuse

## Did You Know?

Many teens believe prescription drugs are a safe way to get high. The good news is, you can help prevent prescription drug misuse.



### Commonly Abused Over-the-Counter (OTC) & RX Drugs

- Pain Relievers (Opioid) (e.g. OxyContin, Vicodin)
- Cold medications (e.g. Sudafed, Benadryl)
- Depressants (e.g. Xanax, Valium)
- Stimulants (e.g. Adderall, Ritalin)



### Signs of Possible Rx and OTC Abuse

- Unexplained missing medications in your home
- Hyperactivity or sleeplessness (seen with stimulants)
- Slowed movements or reaction time, slurred speech, or disorientation (seen with depressants or pain relievers)
- Sudden weight loss or weight gain
- Excessive sleep
- Change in pupil size



### Fast Facts

- Almost 80% of recent heroin users have previously abused opioid RX drugs.<sup>1</sup>
- 70% of youth who abuse Rx drugs get them from family and friends.
- Physical dependence can result from use for more than a few days.<sup>2</sup>

1, SAMHSA. 2. MMWR, 2016;65:1-49.



### What YOU Can Do

#### TALK To Your Kids

- Have age-appropriate discussions about the dangers of taking Rx and OTC medications
- Talk about the medications you take and their purpose
- Use current events to start a conversation
- Look your child in the eye (note if change in pupil size)

#### KNOW What Medications You Have

- Keep a list of your medications
- Be aware of how many pills are in each bottle

#### SECURE Your Medications

- Store them in a locked cabinet or drawer.  
TIP: Childproof lock boxes are available at hardware and big box stores

#### DISPOSE Unused Medications

- Drop-off unused medications 24/7 at Greenwich Police Dept Medication Drop Box at 11 Bruce Place
- For other options, go to DrugFreeCT.org



### Educate Yourself & Get Involved

- [www.DrugFreeCT.org](http://www.DrugFreeCT.org)
- [www.DrugFree.org/Parent](http://www.DrugFree.org/Parent)
- [www.ParentFurther.com](http://www.ParentFurther.com)
- Get Involved: Contact Greenwich Together (Greenwich Prevention Council)  
Email: [GreenwichTogether@kidsin crisis.org](mailto:GreenwichTogether@kidsin crisis.org).

**If you suspect your child is abusing drugs, HELP is available!**

2-1-1 Connecticut Info Line: 24/7 phone line [www.infoline.org](http://www.infoline.org)  
SAMHSA National Drug Information Treatment and Referral Hotline: 800-662-HELP (4357) [www.dasis3.samhsa.gov](http://www.dasis3.samhsa.gov)

