

# PRESCRIPTION AND OVER-THE-COUNTER DRUG ABUSE

Huntington Beach City School District *DAC/DELAC*

*February 7, 2013*



**WOULD YOU NOTICE IF  
PILLS WERE MISSING?**

**MORE YOUNG PEOPLE DIE IN ORANGE COUNTY FROM  
ABUSING MEDICATION THAN FROM COCAINE, METH  
AND ECSTASY COMBINED.**

**👁️ MONITOR    🔒 SECURE    🗑️ DESTROY**

Created in partnership with Orange County Health Care Agency  
Alcohol & Drug Education and Prevention Team  
www.cspinc.org/rx

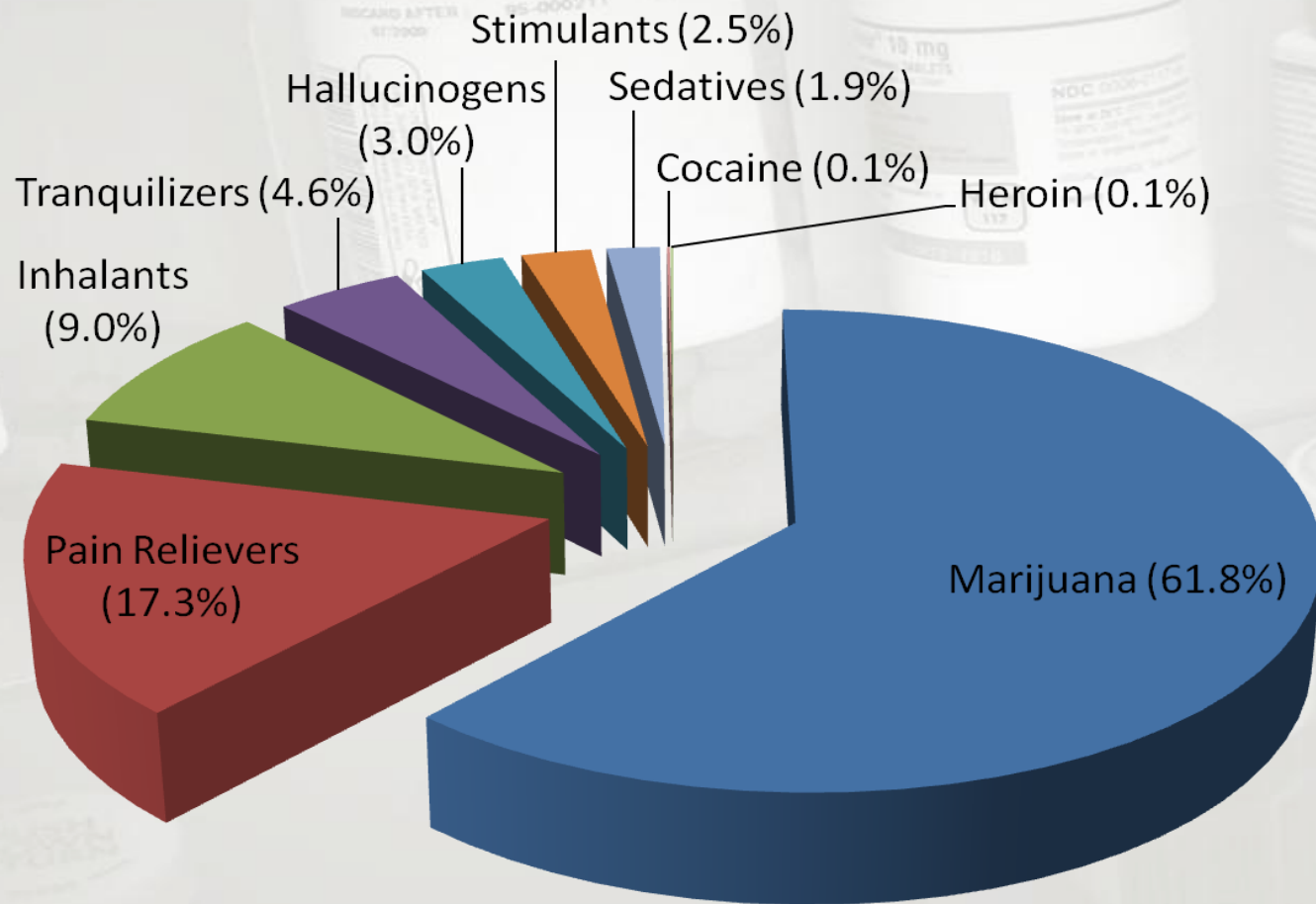
**CSPINC.ORG/RX**  

# THE RX/OTC PROBLEM

- 1 out of 5 teens have abused a prescription (Rx) drug to get high in their lifetime.
- 1 out of 10 teens have abused an over-the-counter (OTC) drug to get high in their lifetime.
- 70% of people who abused prescription pain relievers got them from friends or relatives.
- More people die from abusing prescription pain relievers than from cocaine and heroin combined.

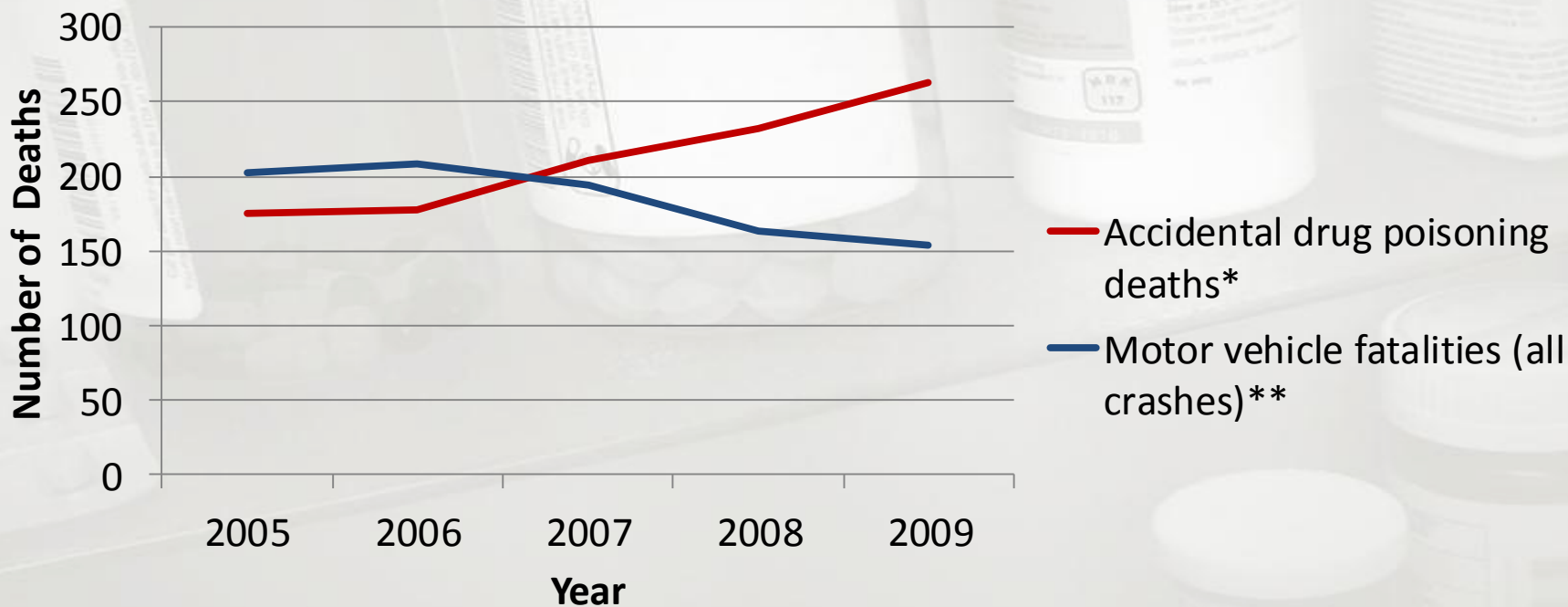
# DRUG ASSOCIATED WITH FIRST TIME USE AMONG PEOPLE WHO STARTED USING ILLICIT DRUGS IN THE PAST YEAR

3 million people started using drugs in 2010.



# DRUG TRENDS IN ORANGE COUNTY

## Orange County Deaths by Drugs vs. Motor Vehicle Crashes All Ages

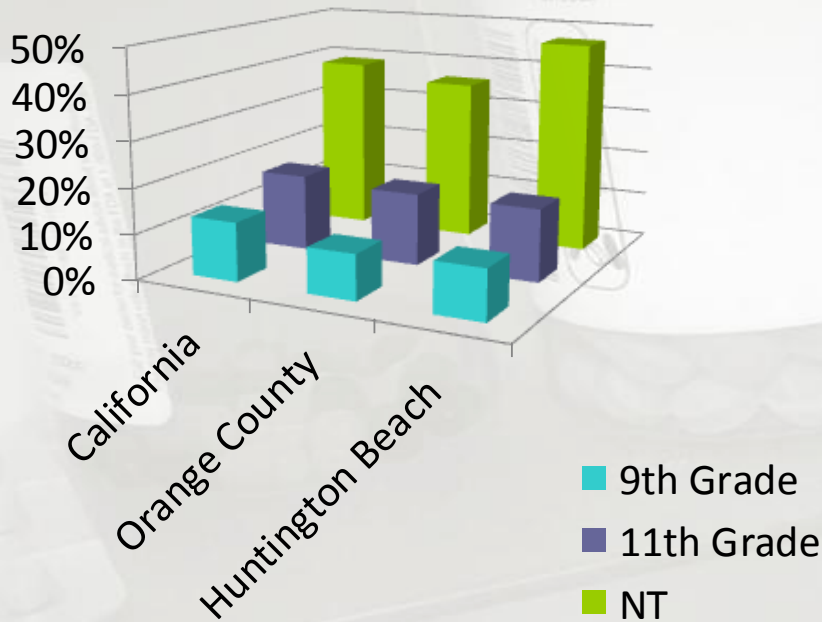


Source: \*CA Dept. of Public Health, Vital Statistics Section, Death Statistical Masterfile 2000 – 2009

\*\* National Highway Traffic Safety Administration, Fatal Accident Reporting System

# HOW DOES MY SCHOOL COMPARE?

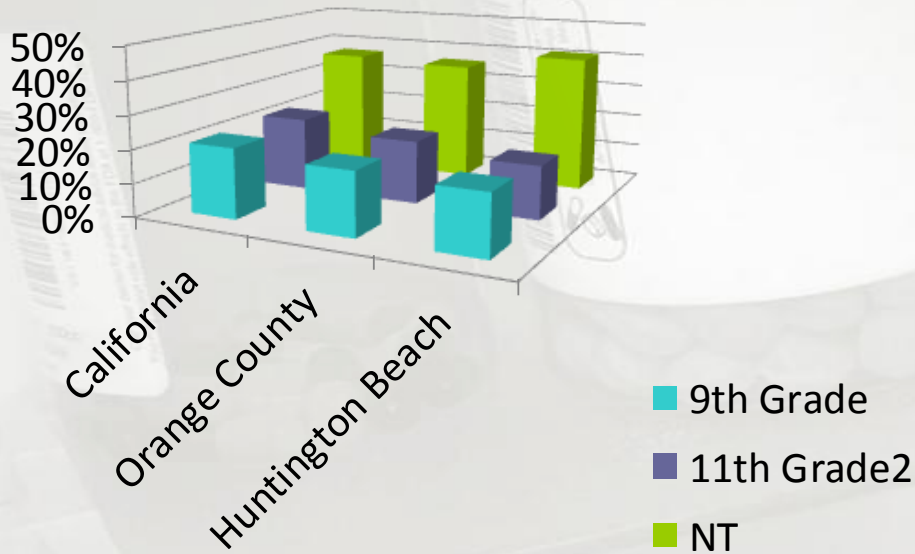
*Lifetime use of Prescription painkillers to get high  
(1 or more times)*



	9th grade %	11th grade %	NT %
California	13	17	39
Orange County	10	16	36
Huntington Beach	<b>11</b>	<b>16</b>	<b>47</b>

# HOW DOES MY SCHOOL COMPARE?

*Lifetime use of Cough and Cold Medicine to get high  
(1 or more times)*



	9th grade %	11th grade %	NT %
California	21	22	37
Orange County	19	19	36
Huntington Beach	<b>18</b>	<b>16</b>	<b>41</b>



# **WHAT DO YOU THINK? WHY DO YOUNG PEOPLE MISUSE RX/OTC DRUGS?**



# WHY DO YOUTH MISUSE RX/OTC DRUGS?

## Reason for Abuse

- Peer pressure
- To become more social
- Depression
- Escape
- To “fit in”- peer acceptance
- “Feels good”

## Young People Believe

- Less shame attached
- Lower consequences
- Lack of seriousness
- Non-addictive
- Because they are legal



# OVER-THE-COUNTER DRUGS BEING ABUSED

## DEXTROMETHORPHAN (DXM)

Where is this found?

Corricidin, Robitusin,  
Nyquil, Tylenol Cold & Flu

AKA: DXM, dex, and skittles

Effects on the Body:

Numbness of fingers & toes,  
nausea, and brain damage



Acetaminophen .....aches, fever  
Dextromethorphan .....cough  
Pseudoephedrine ... nasal congestion

# PRESCRIPTION DRUGS BEING ABUSED

## PAIN RELIEVERS

### Examples:

Codeine, Fentanyl,  
Morphine, Hydrocodone,  
Oxycodone, Opana

### AKA:

Hillbilly Heroin, Oxy, OC, China Girl,  
Roxie 30's, Percs, Vics

### Effects on the Body:

Slows heart rate, breathing, and  
tolerance = addiction → overdose → ?



# PRESCRIPTION DRUGS BEING ABUSED

## STIMULANTS

### The Drug:

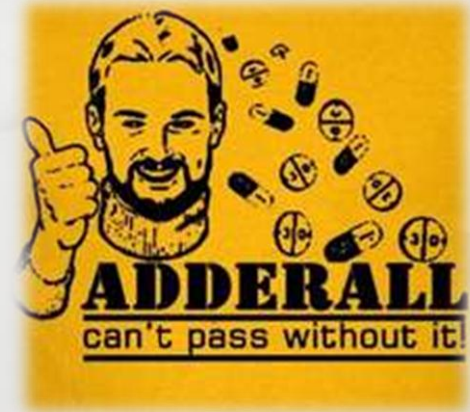
Ritalin, Adderall

### AKA:

Skippy, The Smart Drug, Vitamin R, Rose, speed, uppers, ritz, rippers, bennies, blue pill

### Effects on the Body:

Increase heart rate, lack of sleep, and serious heart problems



# PRESCRIPTION DRUGS BEING ABUSED

## DEPRESSANTS

### The Drug:

Xanax, Valium

### AKA:

Xani bars, benzos, candy, downers, sleeping pills, tranks, barbs

### Effects on the Body:

Poor motor coordination, slowed heart rate and breathing, and life-threatening withdrawal symptoms



# **METHODS OF ABUSE**

- **Ingesting excessive amounts**
- **Mixing cough syrup with soda or alcohol**
  - “Robo-Fizzing” / “Sizzurp” / “Purple Drank”
- **Ingesting handfuls of mixed pills at a time at a social gathering**
  - “Pharming” / Bowl / Cocktail / Trail Mix Parties
- **Breaking time capsules on narcotic-based drugs to get an “instant” high**
  - “Crushing”/ Snorting



# LOCAL STORIES

Tristan



Lucia





# CONSEQUENCES OF ABUSE

## School

- Dropping grades
- Missing school/truancy
- Problem with school authority
- Consequences of zero tolerance policy
  - Suspension
  - Expulsion

## Legal

- Stealing, supplying or selling prescription drugs to someone else is a FELONY
- Being arrested for driving under the influence of prescription drugs

# TEACHING BEYOND NO...

- You can show youth more than just saying “No.”
- Teach youth to take control of the situation by following these steps:
  1. Name the trouble
  2. Identify the consequences
  3. Invite them to do something else
  4. Remind them, “If you change your mind I will be here, call or text me.”

# FAMILY DINNERS

The more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs.



# WHERE PEOPLE ARE GETTING THESE DRUGS?

- Over 70 percent of people who abused Rx pain relievers got them from friends or relatives:
  - For free (55%)
  - Bought them (11.4%)
  - Took them without asking (4.8%)



# PREVENTION STRATEGIES

## Reduce Access to Rx/OTC Drugs In Your Home

**MONITOR** - Take inventory

**SECURE** - Lock your medications

**DESTROY** - Properly dispose of expired/unwanted medications

*Do not flush medications down the drain or toilet.*

# HOW TO PROPERLY DESTROY YOUR MEDICATIONS

## STEPS TO FOLLOW:

1. Pour medications into a zip baggie.
2. Pour hot water into the baggie.
3. Insert kitty litter into the baggie, place in trash bin.



# WHAT CAN PROJECT PATH DO FOR YOUR COMMUNITY?

- Youth education in classrooms (middle schools)
  - 1 hour interactive presentation
- Parent education
- Handouts and educational materials for both youth and adults

**THE END!**

**Thank you** for participating in our Prescription and Over-the-Counter Drug Abuse workshop!

**If you have any further questions, please contact:**

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