



Student Athletes



Prescription Opioid Misuse Prevention

COACH & TRAINER EDITION



MONTGOMERY COUNTY

**Alcohol
Drug Addiction
& Mental Health
Services**



**Montgomery
County
Prevention
Coalition**

Educate | Advocate | Empower



Community Overdose Action Team

Working Together To Combat Opioid Overdoses

Ohio stats

Did You Know....



Every 2 hours, an Ohioan dies from an unintentional drug overdose.



In 2016, more than 631 million opioid doses were dispersed to Ohio patients.



Four out of five people who started using heroin in the past year had previously used prescription pain relievers non-medically.



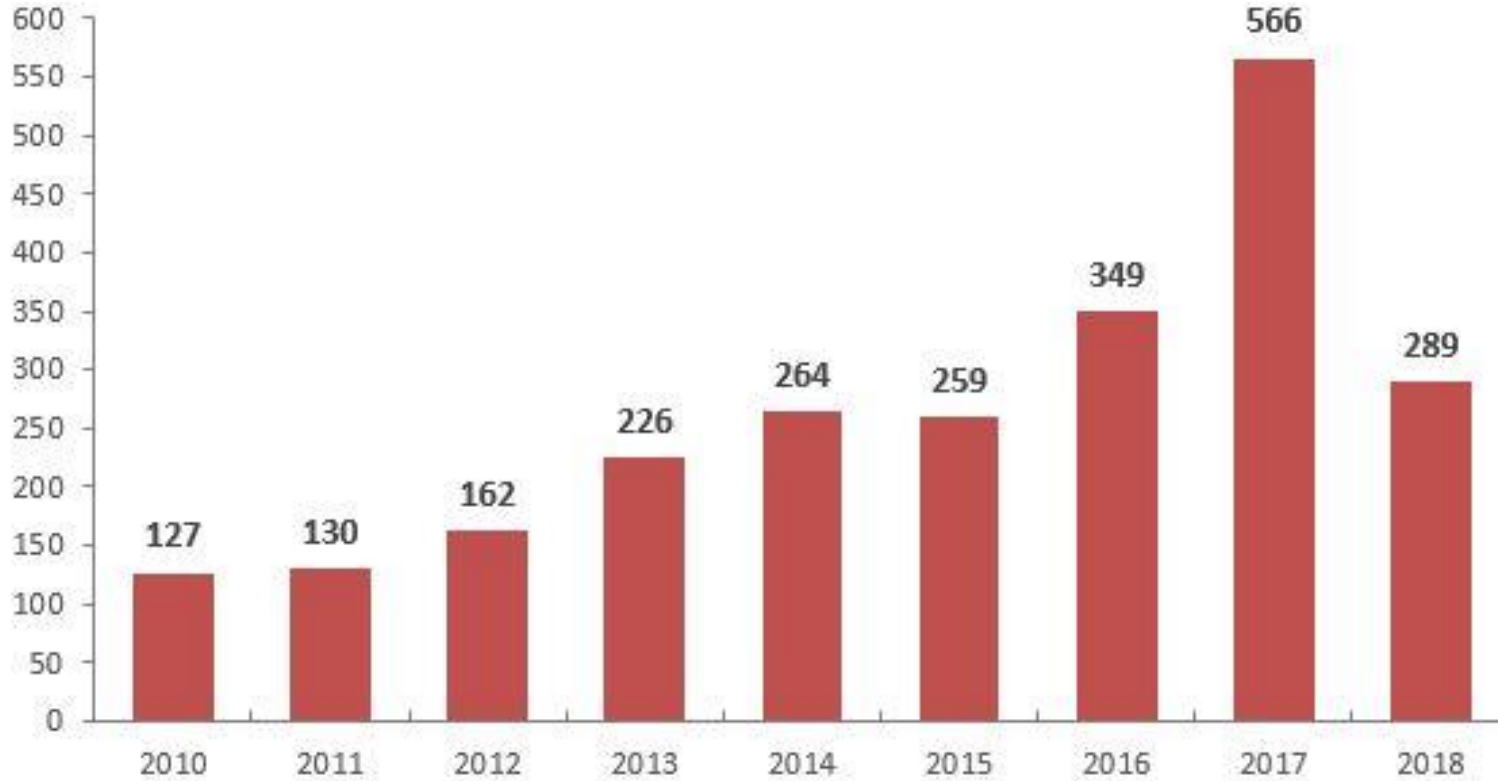
63% of Ohioans who died from unintentional overdose had a prescription for a controlled substance within the past year.

➤ From 2012 to 2018, the total number of opioids dispensed to Ohio patients decreased by 325 million doses, or 41%.

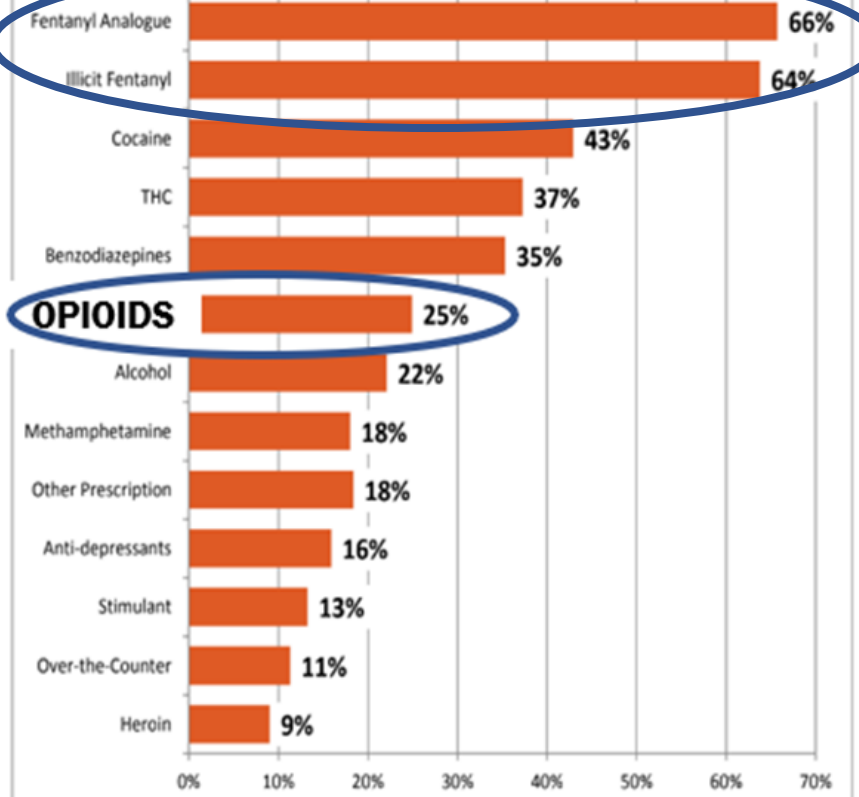
Montgomery County stats

UNINTENTIONAL DRUG OVERDOSE FATALITIES 2017

Unintentional Drug Overdose Deaths Occurring in Montgomery County 2010 - 2018



Drug Mentions in Drug Overdose Deaths in Montgomery County, 2017

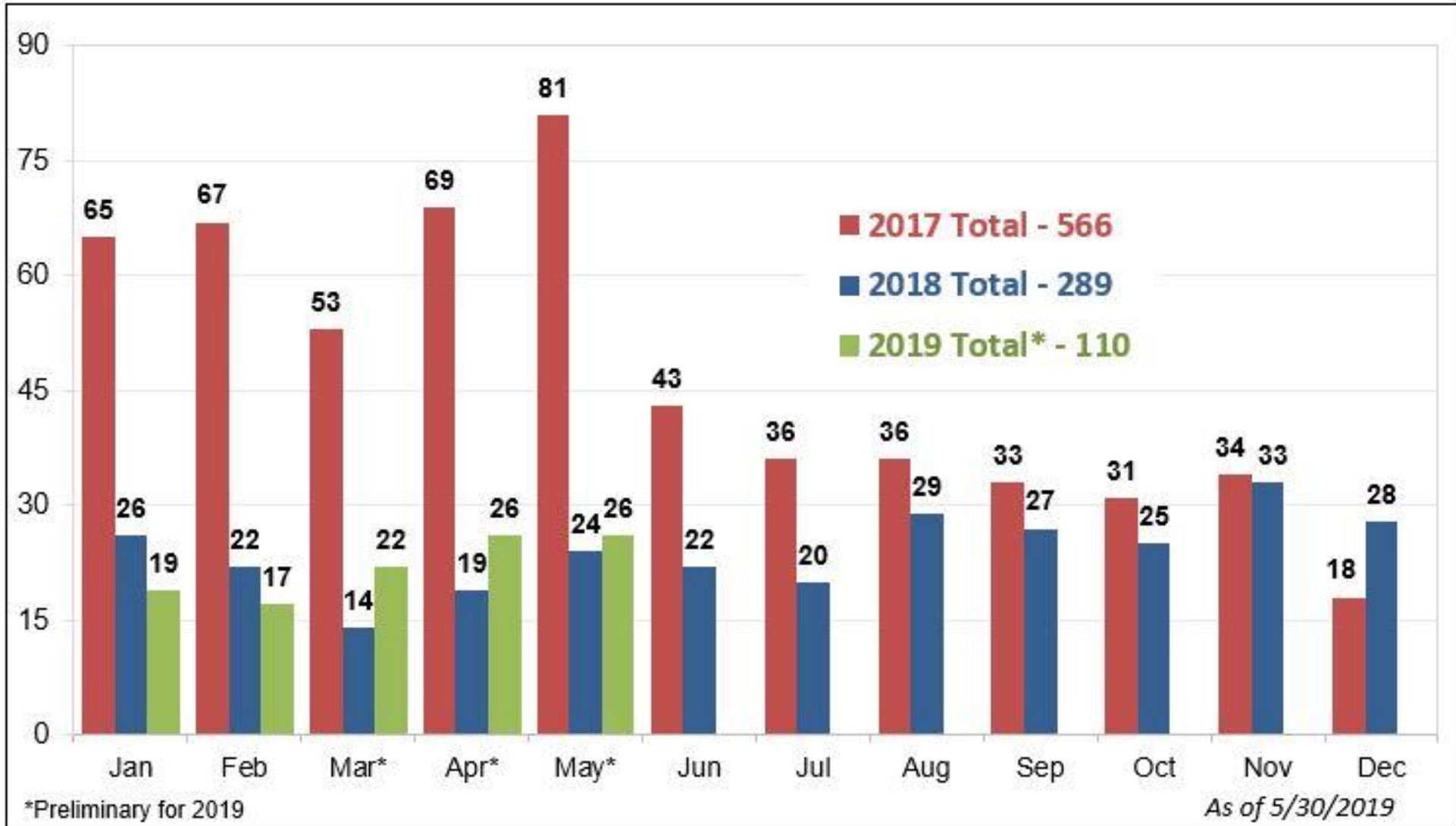


Definition of a Drug Mention

A drug "mention" means a specific drug was found in a bodily system of an individual who died, but the particular drug was not necessarily the sole cause of death. The presence of multiple drugs in a person's system can result in more than one mention for that individual.

**Montgomery
County
stats**

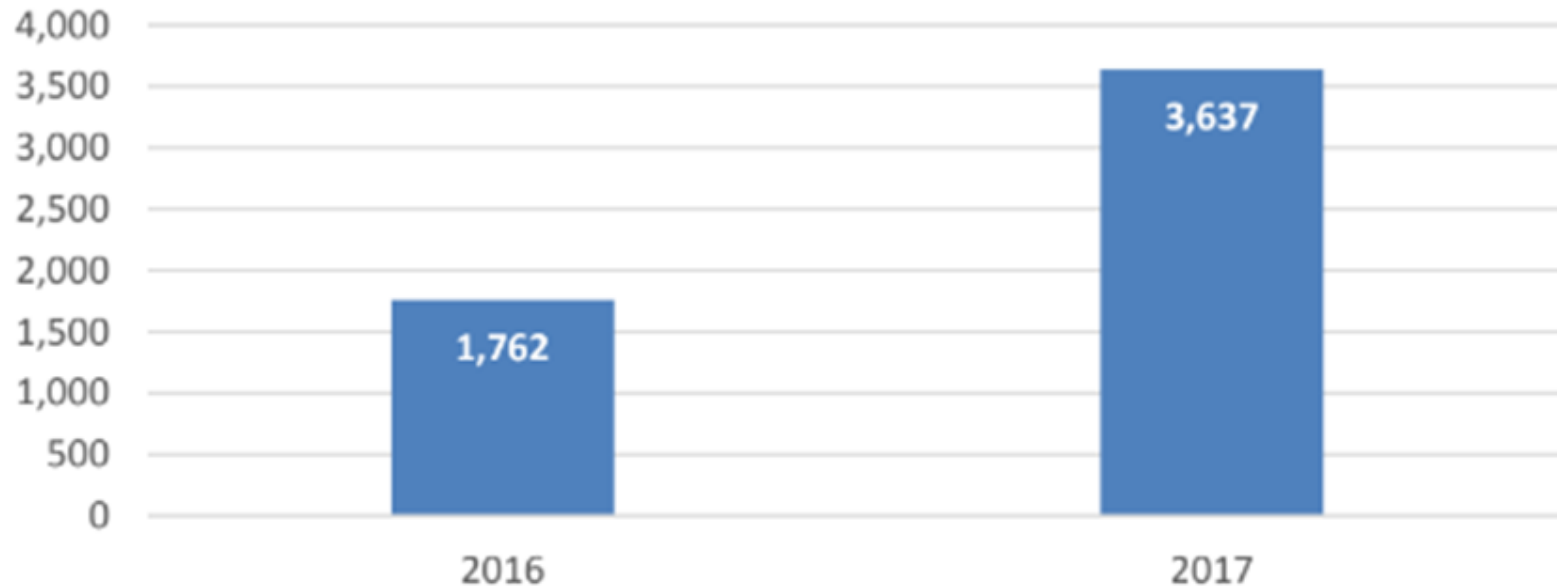
**UNINTENTIONAL DRUG OVERDOSE FATALITIES
2017 and 2018**



**Montgomery
County
stats**

**LAW ENFORCEMENT
OVERDOSE CALLS
2017**

**Law Enforcement Overdose Calls by Year
Montgomery County, 2016-2017**



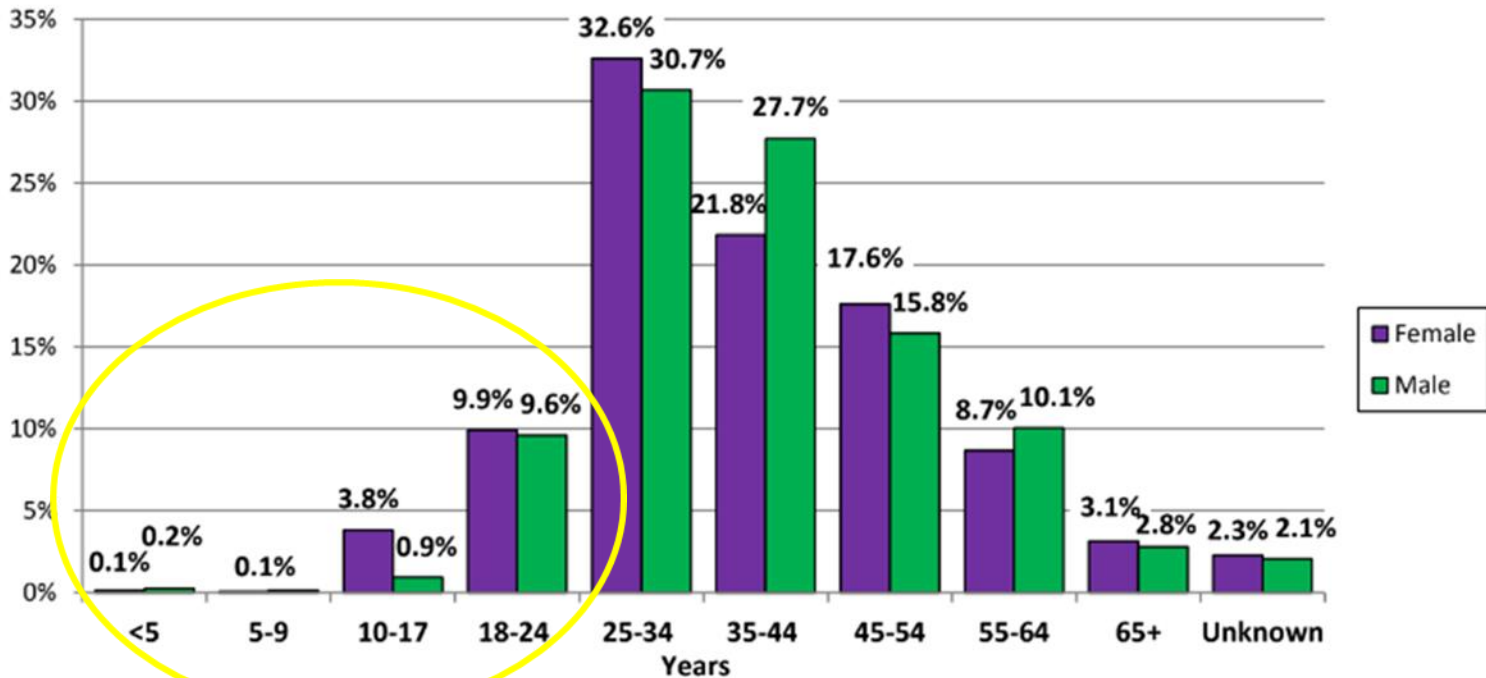
**Overdose Calls by Jurisdiction
Montgomery County, 2017**

Jurisdiction	Overdose Calls
Dayton	1,894
Trotwood	288
Harrison Twp	251
Riverside	240
Huber Heights	124
Miamisburg	114
Jefferson Twp	112
Miami Twp	91
Vandalia	71
West Carrollton	71
New Lebanon	69
Butler Twp	55
Kettering	45
Centerville	34
Washington Twp	33

Montgomery County stats

OVERDOSE EMERGENCY ROOM VISITS 2017

Overdose Emergency Department Visits by Age and Sex
Montgomery County, 2017



*Due to rounding, percentages do not sum to 100%

Top 10 Ohio Counties with the Highest Number of Overdose Emergency Department visits by Home Location, 2017		
Rank	County	Number of Visits
	All of Ohio	35,568
1	Cuyahoga	4,267
2	Montgomery	3,920
3	Franklin	3,594
4	Summit	2,753
5	Butler	2,153
6	Hamilton	1,995
7	Stark	1,352
8	Lucas	1,038
9	Clark	858
10	Greene	802

What are opioids?

- **Prescription pain killers that are powerful and addictive**
- **Similar chemical properties and addiction risks as heroin**

Risks?

- **Psychological dependence or addiction**
- **Unintentional overdose**
- **Serious side effects, such as sedation, nausea, or vomiting**
- **Individuals stealing or accessing your prescribed medications**

**PHYSICAL DEPENDANCE CAN HAPPEN
IN JUST 7 DAYS**

- **HYDROCODONE**
Norco, Lortab, Vicodin, Zohydro
- **OXYCODONE**
OxyContin, Percocet, Percodan, Roxicodone
- **MORPHINE**
MSIR, MS Contin
- **CODEINE**
Tylenol #3, Phenergan with codeine
- **FENTANYL**
Duragesic, Actiq
- **HYDROMORPHONE**
Dilaudid
- **OXYMORPHONE**
Opana
- **MEPERIDINE**
Demerol
- **TRAMADOL**
Ultram, ConZip
- **BUPRENORPHINE**
Subutex, Suboxone, Butrans, Zubsolv
- **METHADONE**
Dolophine, Methadose



What is prescription medication abuse?



- Use of any medication that is not prescribed to **you**
- Taking **too much** of your prescribed medication or taking it **too often**
- Using a medication for **any reasons other** than what the prescription states



envied
admired
recruited
addicted

opioidassist.com

Opioid addiction. It's worse than you think.

Why are athletes at risk?

- **2 million** high school athletes will be injured this year
- Many will be prescribed **opioid** painkillers
- **75%** of high school **heroin** users started with prescription opioids
- Increased **access** due to high rates of injury on teams and unsafe medication sharing
- A **culture** of 'play through the pain'

UNSAFE MEDICATION PRACTICES

67-92%

of patients *hold onto unused* opioids

73-77%

of people *do not* lock meds

Only 9% of people dispose of meds by FDA recommended methods

70%

of people who abuse prescription medications source it from *friends and family*



Bicket, M.C., Long, J.J., Pronovost, P.J., Alexander, G.C., Wu, C.L. (2017) Prescription opioid analgesics commonly unused after surgery: a systematic review. *JAMA Surgery*; 152(11), 1066-1071

COMMON SIGNS OF DRUG ABUSE

- Fatigue, red or glazed eyes, and repeated health complaints
- Sudden mood changes
 - irritability
 - negative attitude
 - personality changes
 - general lack of interest in sports/ team
- Secretiveness and withdrawing from family, teammates
- Decreased or obsessive interest in school work
- Decrease in sports performance
- Increase in frustration, losing temper





**YOUR ATHLETE
HAS A SERIOUS
INJURY**

NOW WHAT?

REMEMBER...



The Problem

Speak Out

Opt Out

Grow Out

Opioid Safety

Resources

**NOT ALL #FAILS NEED
OPIOIDS. DON'T ADD
ADDICTION TO INJURY.**

EVIDENCE SHOWS OTC MEDICATION MAY WORK BETTER THAN OPIOIDS FOR ACUTE PAIN



Pain is a normal part of the healing process and a way to monitor your recovery.



Rather than eliminating pain with pills, talk to your doctor about how to properly manage your pain through other safe practices.

AN INJURED ATHLETE NEEDS TIME TO HEAL

DON'T MEDICATE TO PLAY THROUGH PAIN

BREAK THE CYCLE OF INJURY, PAIN, RE-INJURY



Learn the right questions to ask your doctor at [TakeChargeOhio.org](https://www.TakeChargeOhio.org).

Ohio
Department of Health

AFTER INJURY

- ✓ **Advocate** for alternative therapies if appropriate
 - RICE, OTC meds, PT, stretching, chiro
- ✓ **Develop** a return-to-play plan
 - Proper healing is the primary objective
- ✓ **Ensure** parents/ guardians are involved
 - Even though teens can be independent
- ✓ **Share** info with key parties
 - guardians, PT, trainer, coach, physician
- ✓ **Pay attention** to the social and emotional impact
 - Find a way to keep injured player involved in the team
 - Connection and support reduces risk of substance use



PAY ATTENTION TO THE SIGNS

- Know your injured players and ask about recovery process
- Ask questions like
 - “What’s going on today?”
 - “Why do you seem so distracted?”
- Don’t push players to ‘play through pain’
 - Respect return to play plan
 - Proper healing is primary objective
- Be aware of medication sharing practices





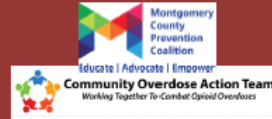
KEEP YOUR TEAM STRONG

- ✓ **Provide risks of medication info to parents and athletes**
 - At the beginning of the season
 - At time of injury
- ✓ **Include prescription drug misuse in code of conduct**
 - Hold athletes accountable
- ✓ **Follow through in disciplining any breaks in conduct**
 - Even “star” players
 - BUT keep them involved with team to keep them out of trouble

Share the info with YOUR team!

PRESCRIPTION OPIOID MISUSE PREVENTION

STUDENT ATHLETES



Dear Parent/ Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the risk of prescription opioid use and misuse in student athletes. Ohio is amid an opioid epidemic, with accidental overdoses claiming the lives of 4,050 Ohioans in 2016. 2 million U.S. high school athletes suffer a sports related injury annually, putting **athletes at risk for using and misusing prescription opioids**. Since pain is expected in most sports, how do we help our athletes avoid this dangerous behavior? It is imperative to educate athletes, parents and coaches on the risks of prescription opioid use, address the culture of playing through pain, and enable our athletes to recover and return to play without treatment leading to addiction.

WHAT ARE PRESCRIPTION OPIOIDS?

Opioids are powerful prescription narcotic medications used to treat pain which include Vicodin, OxyContin, Oxycodone, Percocet, Fentanyl, and codeine. These drugs may lead to dependence, tolerance, accidental overdose, and death when misused, or taken long term.

- 20% of students use a prescription opiate before 18
- 80% of new heroin users start by misusing painkillers

WHAT TO DO IF YOUR CHILD IS INJURED

- Trial non-narcotic forms of pain management as first line treatment, NSAIDs and acetaminophen are often adequate
- Physical therapy, massage, chiropractor
- Non-medical adjuncts such as heat, ice, stretching
- Enforce proper recovery time, do not encourage to play through injury

HOW TO PROTECT YOUR CHILD IF THEY ARE PRESCRIBED OPIOIDS

- Discuss with healthcare provider about alternative pain management treatment
- Ensure new prescribing rules are followed
- Sign a "Start Talking" consent form with provider
- <http://starttalking.ohio.gov/portals/0/Documents/Medical/Start-Talking-Model-Consent-Form.pdf>
- Take only for acute pain, only as prescribed, and switch to non-opioid alternative as soon as possible
- Ensure they do not share medication
- Limit access to the medication, give under supervision
- Safely dispose of any unused medication through prescription drug drop box, take back day, or medication disposal pouch
- Monitor for the signs of drug misuse, and consider their social and emotional health when injured.

HOW TO GET FURTHER INFORMATION

1 in 4 teens have taken a prescription medication that was not prescribed to them, and 70% get the medication from family or friends. Children are 50% less likely to use drugs when parents or other trusted adults talk with them about the risks. To further your knowledge to speak openly to your athlete, visit the following resources.



- Sign up for KNOW! Parent Tips from Start Talking Ohio
- <http://starttalking.ohio.gov/Schools/Know>
- Use the Parent360RX Action Tool Kit
- <http://starttalking.ohio.gov/Schools/Parents360-Rx>
- Schedule a 5-mins for Life presentation for your team
- <http://starttalking.ohio.gov/Schools/5-Minutes-for-Life>



- Learn safe medication practices and how to keep medications secure
- <https://www.generationrx.org/>
- Explore the educational modules or schedule a presentation for your team.
- Contact Gail Dafler, G.Dafler@gesmv.org, 937-684-0316



- Know how and where to dispose of medication safely. Use www.rxdrugdropbox.org to find the drop box nearest you. Pick up a free medication disposal pouch at any Good Will Easter Seals location in Montgomery County.

IF YOU THINK YOUR CHILD HAS A PROBLEM

If you suspect your child is using drugs or alcohol, get help. By intervening early, you can save them from the health and impairment consequences of substance use and potential addiction.

- Contact Samaritan CrisisCare at 937-224-4646 for help

PRESCRIPTION OPIOID MISUSE PREVENTION

STUDENT ATHLETES



All youth athletes and their parents/ guardians must review this information about Prescription Opioid Misuse Prevention, the sign and return this form.

Parent/ Guardian Signature

Student Signature

Parent/Guardian Name (Print)

Student Name (Print)

Date

Date



OHSAA Policy on Drugs, Medicine and Food Supplements

Position Statement on Use of Drugs, Medicine and Food Supplements in Interscholastic Sports - National Federation of State High School Associations Endorsed by the Ohio High School Athletic Association Board of Control

School personnel and coaches should not dispense any drug, medication or food supplement except with extreme caution and in accordance with policies developed in consultation with parents, health care professional and senior administrative personnel of the school or school district.

Use of any drug, medication or food supplement in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes.

STRATEGIES TO ADDRESS PRESCRIPTION DRUG ABUSE WITH STUDENT ATHLETES



THE POWER OF COACHING

With every football tackle, volleyball dive and wrestling flip there is the possibility that a teen athlete might be injured. In fact, **2 million U.S. high school teens suffer injuries each year**. Rather than just sitting out until the injury heals, many teens are being prescribed opioids to control their pain. For some, care and rest combined with medication is necessary, but others end up relying too much on painkillers. Those teens soon become at risk for medication misuse and abuse. Outlined below are **strategies coaches can use** to help keep their players safe.

PAY ATTENTION TO THE SIGNS

Talk to athletes who show signs of prescription drug abuse or who you suspect are engaged in other high-risk behaviors. If you suspect something isn't quite right with one of your athletes, pull him or her aside to find out what might be going on in their life.

- Ask questions like "What's going on today?" or "How come you seem so distracted?"
- Know your injured players and ask about recovery
- Don't push to 'play through pain'
- Be aware of medication sharing practices

COMMON SIGNS OF DRUG ABUSE

- Fatigue, red or glazed eyes, and repeated health complaints
- Sudden mood changes, including irritability, negative attitude, personality changes, and general lack of interest in hobbies/activities
- Secretiveness and withdrawing from family
- Decreased or obsessive interest in school work

BE A RESOURCE TO PARENTS AND ATHLETES

Alert parents to the growing problem of teen abuse of prescription drugs.

- Talk with parents about monitoring, safely storing, and disposing prescription medications at their home.
- Remind parents and your students that there is help within the school. Guidance counselors, school social workers, psychologists and nurses are on hand to talk with students and lend their support.
- If a parent suspects their teen is abusing drugs, encourage them to get help by contacting Samaritan CrisisCare at 937-224-4646

ADD PRESCRIPTION DRUG ABUSE TO THE CODE OF CONDUCT

- Have parents and athletes sign a Prescription Opioid Misuse Prevention consent form at the beginning of the sports season
- Provide information at time of injury
- Make sure that prescription drug abuse is included (along with alcohol, steroids and illicit substances) as part of the written or verbal code of conduct you have with athletes and hold kids accountable
- Follow through in disciplining any breaks in conduct, even "star" players.

COACH RESOURCES

- Sign up for **TEACHable moments**
- Schedule a 5-mins for Life presentation for your team <http://starttalking.ohio.gov/Schools/5-Minutes-for-Life>
- Host an information session for parents and teens using Parent360RX Action Tool Kit <http://starttalking.ohio.gov/Schools/Parents360-Rx>
- Explore the Generation RX educational modules or schedule a presentation for your team. <https://www.generationrx.org/> Contact Gail Daffler, GDaffler@qesmv.org, 937-684-0316

TAKE ACTION LOCALLY

Stay current about the prescription drug abuse problem, as well as any local efforts to promote drug-free, safe schools. The Montgomery County Prevention Coalition is working on these issues in the county and can help support your efforts. If you are interested in learning more or attending a meeting, please contact Tristyn Eppley at TEppley@phdmc.org or 937-496-6959.

Share the info with colleagues

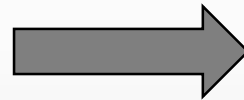
WAYS TO BE A RESOURCE FOR YOUR TEAM



Explore GenerationRx modules to learn about safe medication practices, and schedule a presentation for your team by calling 937-684-0316 for Montgomery and surrounding Counties



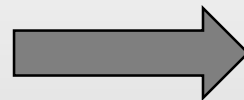
starttalking.ohio.gov



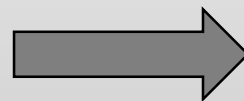
Use the Parent360RX Toolkit for parents who want to know more



MENTAL
HEALTH
FIRST AID



Schedule a Youth Mental Health First Aid training by calling 937-443-0416 or going to www.mcadamhs.org/trainings_and_events



Sign up for TEACHable moments to share with students by going to www.preventionactionalliance.org/about/programs/know

**Want to
Learn More?**

GenerationRx
Safe medication practices for life.

generationrx.org

 **TakeChargeOhio**
Manage Pain.
Prevent Medication Abuse.

takechargeohio.org


Start Talking!
Building a Drug-Free Future

starttalking.ohio.gov

 **Partnership™**
for Drug-Free Kids
Where families find answers

drugfree.org