



# HUMAN PERFORMANCE PROJECT

— Illinois —

Creating a culture of excellence  
and leadership with your  
students





**OMNI**  
youth services



LINK  TOGETHER  
*Empowering Youth to Be Drug & Alcohol Free*



Life of an Athlete  
Human Performance Project





**LEADERSHIP**

# ***ACHIEVING OPTIMAL PERFORMANCE***



**NUTRITION**



**SLEEP**



**CHEMICAL HEALTH**



**MOOD & MINDSET**



# Safe Use, Safe Storage, and Safe Disposal of Prescription Medications



Visit [ilhpp.org/prescription-playbook](http://ilhpp.org/prescription-playbook)



The teen brain continues to develop through adolescence until the mid 20's. These years are critical for development of the brain, particularly regions of that brain that assist in impulse and emotional control. Misuse of prescription drugs, especially highly addictive drugs such as opioid pain relievers, can alter development, affect the reward system, and lead to increased risk of addiction as an adult.

# ATHLETES

## RISK OF OPIOID MISUSE

- Most adolescents (non-athletes and athletes) **do not** report misuse of prescription pain relievers and opioid misuse appears to be decreasing among high school students [6]
- Adolescent athletes in certain sports (wrestling, weightlifting, and ice hockey) have reported more misuse of prescription opioids than non-athletes [7]
- In 2016, 3.6 percent of adolescents aged 12 to 17 reported misuse of opioids over the past year. [8]



# COACHES

## AWARENESS AND COMMUNICATION

- Nearly one-quarter of college student-athletes report to have used a prescription pain medication [12]
- Students who participate in sports in high school sports have shown to be prescribed more opioids and approached more by peers to divert opioid medications than non-athletes [13]
- 2.5 million young adults (aged 18-25) misused prescription pain relievers in the past year [3]





# PARENTS

## STARTING CONVERSATIONS

- During the last conversations teens had with their parents about substance abuse, only 16 percent said they discussed the abuse of prescription pain relievers with their parents [9]
- Parents whose child's provider discussed what to do with leftover pain medication were significantly **less likely** to keep leftover medication at home, compared to parents who did not discuss this topic with their provider [10]
- Teens who learn about the risks of drugs from their parents are up to 50% **less likely** to try them [11]



# What is the role of parents and coaches?

- ✓ Become educated about medications (especially highly addictive opioid pain relievers)
- ✓ Be aware of potential risks associated with certain substances and know the signs of misuse
- ✓ Talk to athletes about making healthy decisions
- ✓ Start conversations with doctors, dentists, pharmacists, and other community members
- ✓ Commit to safe use, safe storage, and safe disposal of medications
- ✓ Use prescription drop boxes in your community to dispose of unneeded or unused medications
- ✓ Spread awareness on National Prescription Take Back Day

# The Prescription Playbook

[ilhpp.org/prescription-playbook](http://ilhpp.org/prescription-playbook)

*#SafeUse #SafeStorage #SafeDisposal*



## SAFE USE STARTS WITH YOU

You can follow these simple steps to ensure safe use of your prescription medications:

### 1. Talk

*Speak up and ask questions to doctors and other healthcare professionals*

### 2. Know

*Learn about your medications*

### 3. Read

*Examine labels and follow directions*

### 4. Avoid

*Be aware of drug-drug interactions*

### 5. Monitor

*See how you are reacting to a medication and stay in contact with your doctor*



## SAFE STORAGE IS WITHIN REACH

*Monitor Your  
Medicine Cabinet  
& Safeguard Your  
Prescriptions*



Store your medications in a secure location that is up and away and out of sight from others in the household. If you store your medications in a cabinet, install a locking mechanism or purchase a lock equipped medicine cabinet to replace your old one. Other options include prescription lock boxes, household safes, and you can also count the doses that remain after each use.



## SAFE DISPOSAL IS A SOLUTION

There are safer ways to dispose your medications than flushing or dumping them in the garbage. Prescription take back days occur several times each year. There are also free prescription take back locations near you open year round for safe disposal.

[ilhpp.org/prescription-playbook/safe-disposal/](http://ilhpp.org/prescription-playbook/safe-disposal/)



Education and awareness to prevent prescription opioid misuse & abuse

# The Prescription Playbook

*ilhpp.org/prescription-playbook*



## Coach & Parent Materials

- Posters/Flyers
- Prescription Talk Guides
- Opioid Identification Guides
- Social Media Toolkit
- Videos/PSA Announcements
- Educational Opioid Resources

Education and awareness to prevent prescription opioid misuse & abuse

# IL Human Performance Project Prescription Toolkit

*[ilhpp.org/prescription-playbook](http://ilhpp.org/prescription-playbook)*



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Education and awareness to prevent prescription opioid misuse & abuse

- Visit [ilhpp.org](http://ilhpp.org) to download Rx Playbook & other IL HPP training materials
- Follow IL HPP & Rx Toolkit **social media** platforms to get quick facts and updates
- Email the IL HPP Team for questions, comments, or program implementation: **training@ilhpp.org**
- Talk to your co-workers and community/school members to **brainstorm** ways to incorporate these program resources!



Let us know how we can help you!  
Contact us: [training@ilhpp.org](mailto:training@ilhpp.org)



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