



Student Athletes

PARENTAL GUIDANCE

**Prescription Opioid
Misuse Prevention**

PARENT & GUARDIAN EDITION



Community Overdose Action Team
Working Together To Combat Opioid Overdoses



**Montgomery
County
Prevention
Coalition**

Educate | Advocate | Empower

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.



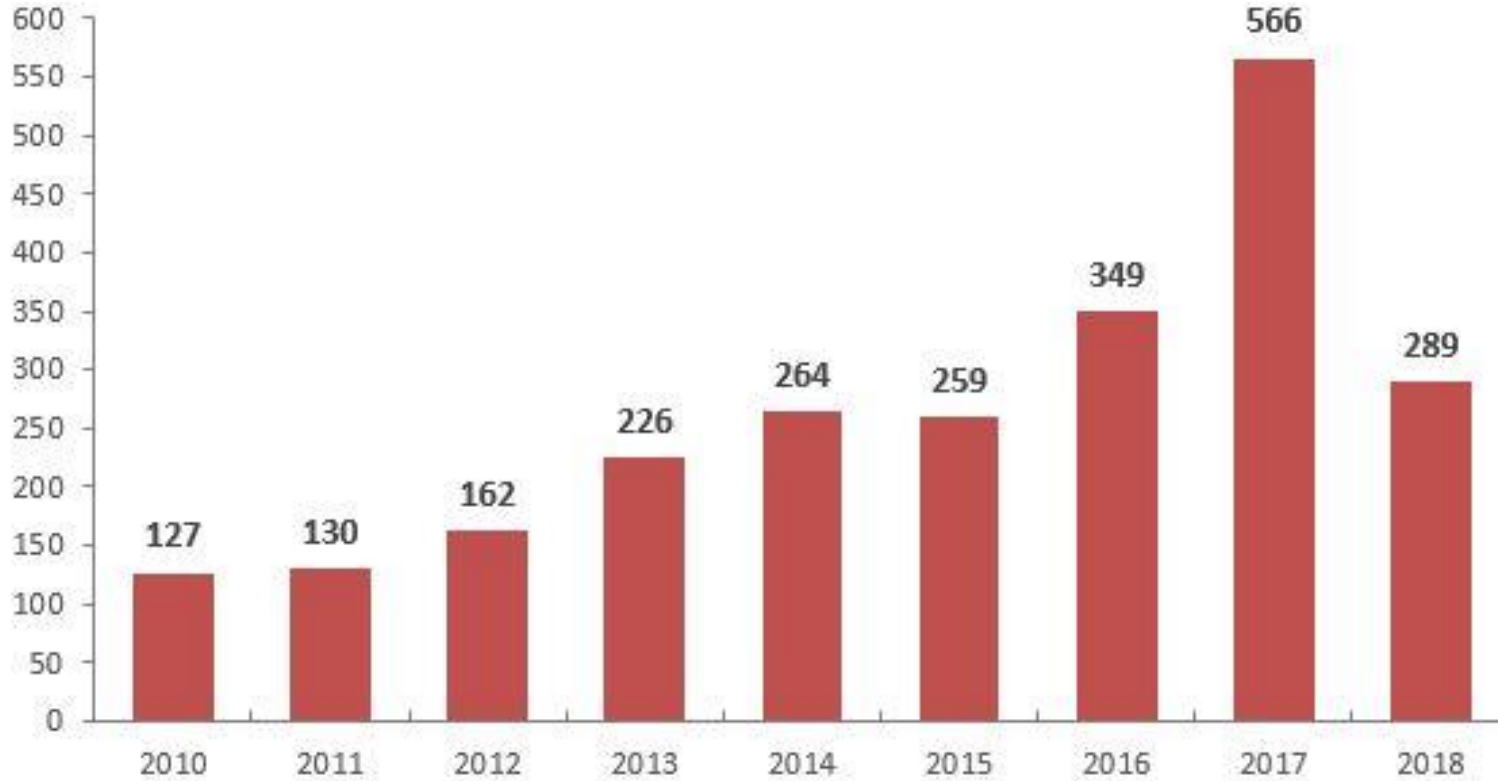
63% of Ohioans who died from unintentional overdose had a prescription for a controlled substance within the past year.

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

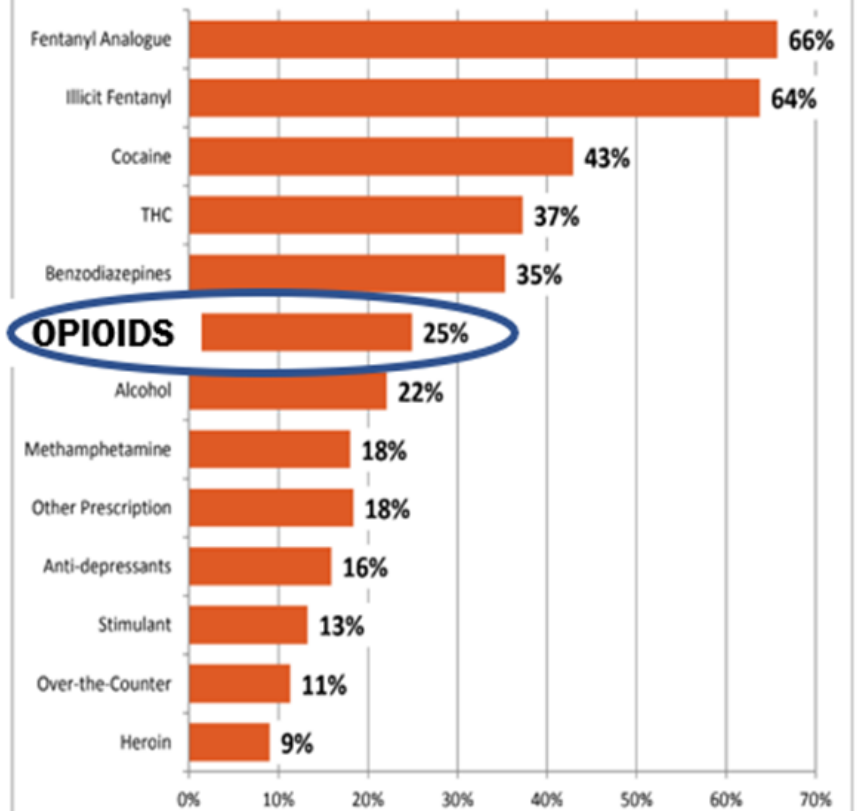
Montgomery County stats

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



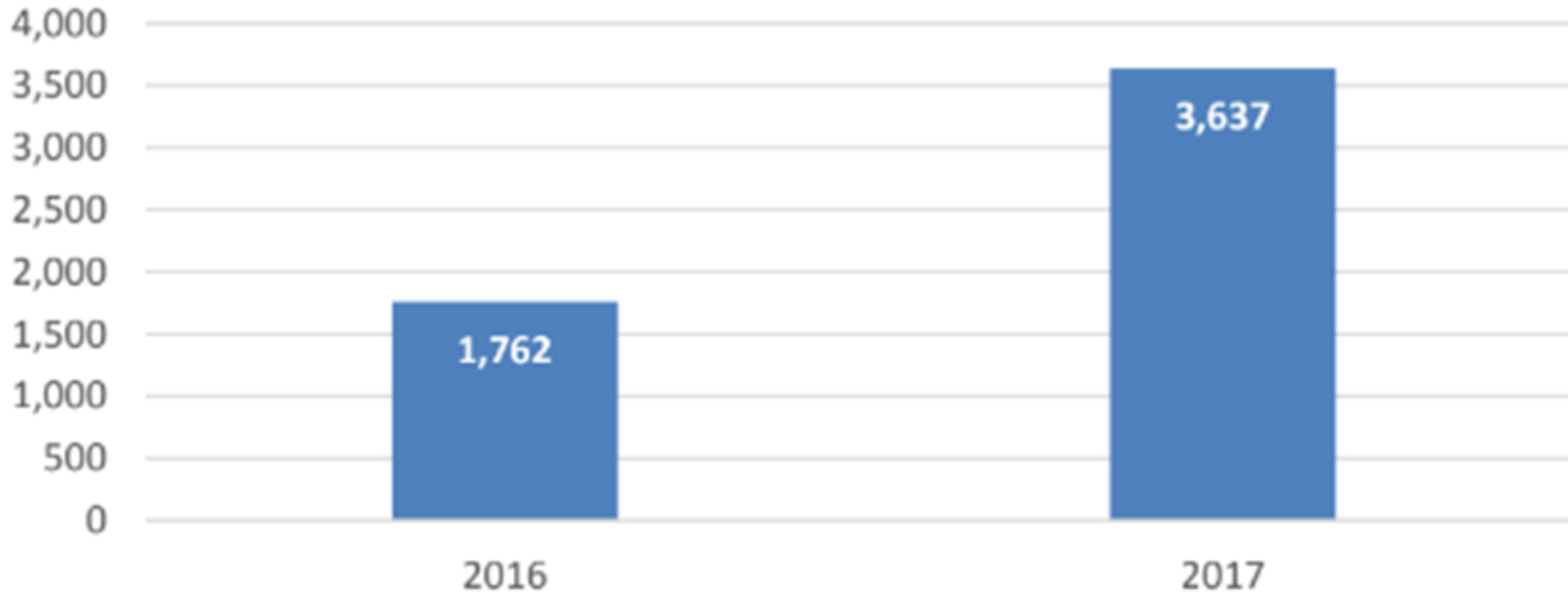
Definition of a Drug Mention

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**

**LAW ENFORCEMENT
OVERDOSE CALLS
2017**

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



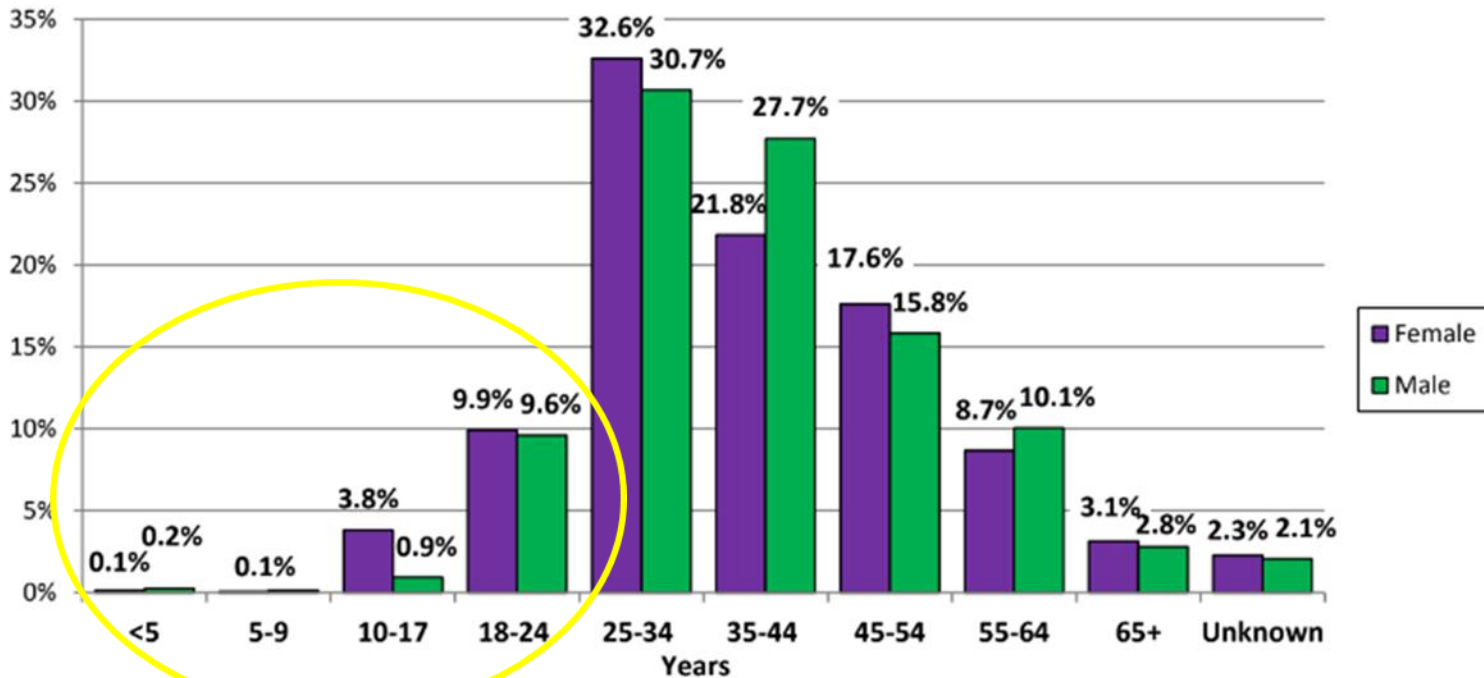
**Overdose Calls by Jurisdiction
Montgomery County, 2017**

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 addictions 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 medication source it from *friends and family*



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

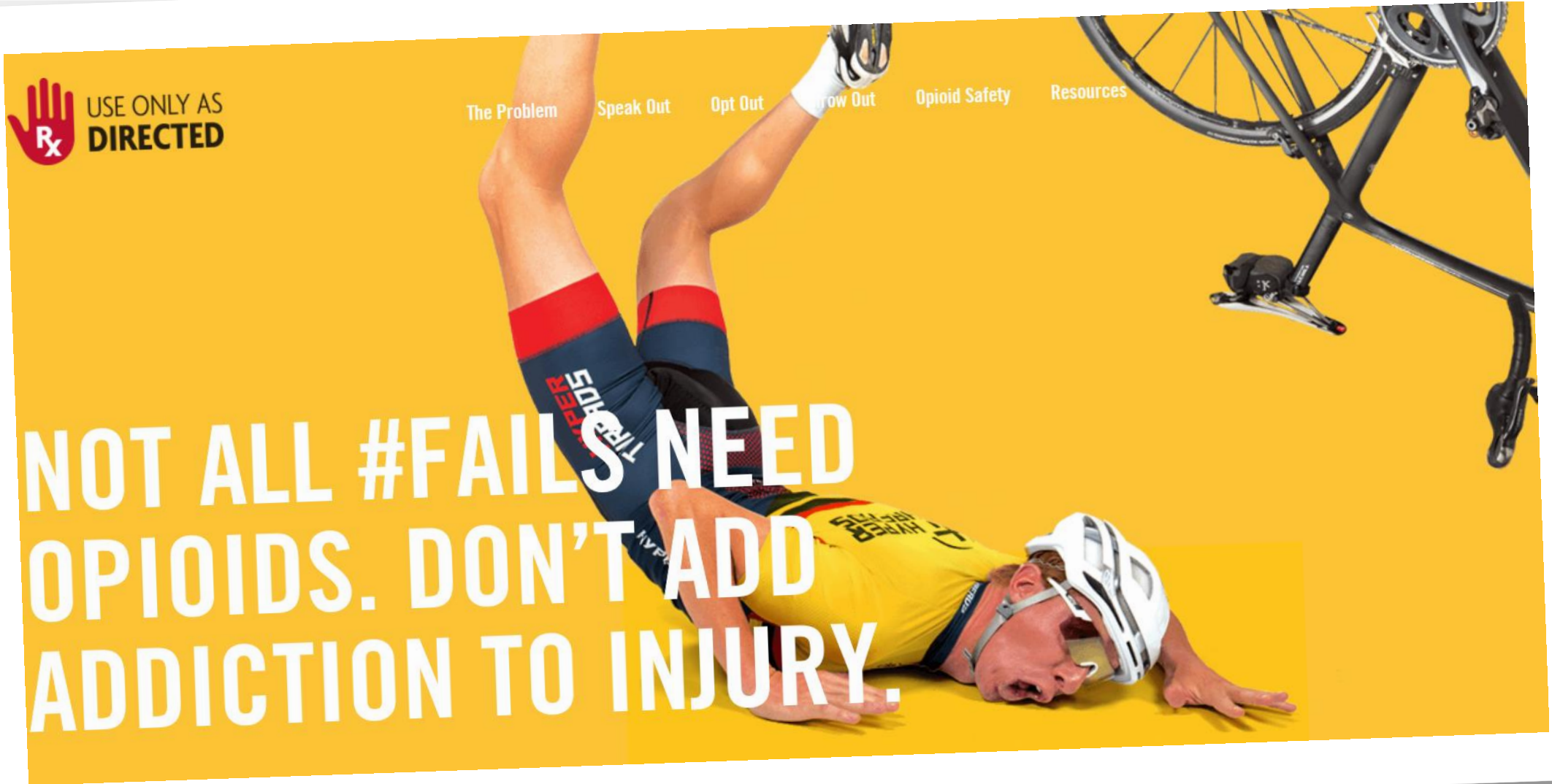




**YOUR ATHLETE
HAS A SERIOUS
INJURY**

NOW WHAT?

REMEMBER...



USE ONLY AS DIRECTED

[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

Take charge of your family's health

- Know your options
- Use **alternatives**
- Ask your care provider **questions** before accepting a prescription
- If an opioid is required, ensure use for the **shortest time** possible
- Advise time to heal while **staying involved** with the team



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

Ohio
Department of Health



ASK QUESTIONS

BE ENGAGED

TAKE CHARGE



OPIOIDS (SUCH AS HYDROCODONE, OXYCODONE, CODEINE AND MORPHINE) ARE NOT RIGHT FOR EVERYONE. THEY CAN HAVE SOME VERY SERIOUS SIDE EFFECTS. ASK YOUR HEALTH CARE PROVIDER THESE QUESTIONS BEFORE TAKING OPIOIDS.

- Why do I need this medication—is it right for me?
- How long should I take this medication?
- Are there non-opioid alternatives that could help with pain relief while I recover?
- How can I reduce the risk of potential side effects from this medication?
- What if I have a history of addiction with tobacco, alcohol or drugs?
- Could this treatment interact with my other medicine for anxiety, sleeping problems, or seizures?
- Can I share this medication with someone else? Why not?
- How should I store my opioid medication to prevent other people from taking it?
- What should I do with unused opioid medicine?
- Can I have an Rx for naloxone?

BROUGHT TO YOU BY:



Published: December 2016
Learn More | www.fda.gov/forconsumers/consumerupdates/ucm529517.html

Visit TakeChargeOhio.org to find more tips and resources on safe medication and prescribing practices.

AFTER INJURY

- ✓ **Advocate** for alternative therapies if appropriate
 - Rest Ice Compression Elevation (RICE), Over the Counter meds, physical therapy, stretching, chiro
- ✓ **Develop** a return-to-play plan
 - Proper healing is the primary objective
- ✓ **Ensure YOU** are involved
 - Even though teens can be independent
- ✓ **Share** info with key parties
 - Physical therapist, 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



Safe Medication Practices

- 1** Only use prescription medications as directed by your healthcare professional
- 2** Do NOT share your meds, or take someone else's
- 3** Keep your meds safe, and out of someone else's hands
- 4** Model safe medication practices



Safe Storage Tips

After being prescribed a prescription pain medication, consider the following medication storage options:



Store your medication in the original container and out of sight.



Keep medication in a **locked** container, drug-safe cabinet, or drawer, and out of the reach of children and pets.



If you have leftover medication, it is important to safely dispose of any unused or remaining pills.

Safe Medication Disposal Options

1

Place them in a drug dropbox.



Visit rxdrugdropbox.org to find locations in your area.

2

Take advantage of community drug take-back programs that allow the public to bring unused medications to a central location for proper disposal.



Ask your pharmacist or local health department about drug take-back events or visit https://www.deadiversion.usdoj.gov/drug_disposal/takeback/

4



Pick up a free disposal pouch at Goodwill Stores and Kroger Pharmacies in Montgomery County

3

No dropbox or take-back program near you? Dispose of medications safely at home by:



STEP 1

Remove pills from bottle and mix them with undesirable substances such as kitty litter or coffee grounds.



STEP 2

Throw away the sealed mixture into the trash.



STEP 3

Remove the prescription label and dispose of the empty bottle.

Brought to you by:

GenerationRx
Safe medication practices for life.

Turn Down the Invitation to Misuse

Teach your
teen to say
'NO'

Make a Joke

Nah, I'd rather sleep in my bed tonight instead of the cots in the police station...

Leave the Situation

Nah...hey, I need to run. I'll see you later...

Simply Say "No"

No thanks, I know that I could get in serious trouble for taking those pills, and I have too much at stake right now.

You want some of my _____?

Give a Reason

No thanks...coach will kick me off the team if I take those pills.

Suggest an Alternative

Do you really think that's a good idea? I've got a better idea! Lets _____(insert alternative)...

Have fun by...enjoying your hobbies

Handle stress by...exercising, eating ice cream

Relax by...taking a nap, watching TV or a movie

Study smart by...meeting with your teacher

Deal with pain by...working with a trainer, resting



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@oesmv.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

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)

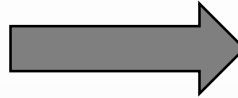
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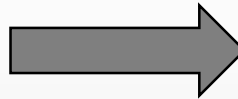


Share the info with
YOUR team!

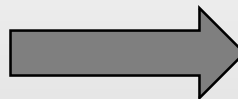
WAYS TO BE A RESOURCE FOR YOUR TEAM



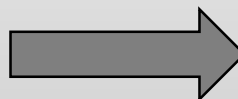
Explore GenerationRx modules to learn about safe medication practices, and schedule a presentation for your team



Use the Parent360RX Toolkit for parents who want to know more



Schedule a 5 minutes for Life presentation for your team



Sign up for TEACHable moments to share with students

CHECK YOURSELF, YOUR CHILD, AND YOUR CHILD'S TEAM MATES

Warning Signs: Recognizing When Someone Is In Danger

When it comes to the misuse or abuse of prescription pain medication, **anyone can be at risk**. It is an issue that affects all populations and it is important to recognize the warning signs when someone you know is in danger. Indicators include:



Frequent physician visits



Depression, anxiety, or post-traumatic stress disorder



Aggressive behavior to obtain prescriptions



Smoking or frequent abuse of alcohol



Personal or family history of substance abuse



Sharing medications



Increasing dose without first discussing with a health care provider

If you think you or a loved one is misusing pain medications, there IS help.

Helpline: 1-877-275-6364

Text Crisis Line: 4hope to 741741

CrisisCare: 937-224-4646



Children of parents who talk to their teens about drugs are up to 50% less likely to use.



A majority of substance-free adolescents credit their parents for the decision not to use illegal substances.



TALKING TO YOUR KIDS ABOUT DRUGS

what adults need to know

- 1 Talk frequently
- 2 Show interest
- 3 Be careful what you say
- 4 Be careful how you say it
- 5 Know the facts about drugs/alcohol/tobacco
- 6 Be respectful & genuine
- 7 They talk, you listen
- 8 Scare tactics don't work
- 9 Control your emotions
- 10 Take advantage of teachable moments

Learn more about these 10 tips to help you Start Talking today at

starttalking.ohio.gov

NOT SURE WHERE TO START?

Start Talking! 
Building a Drug-Free Future



**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