



Student Athletes

HIGH SCHOOL

Prescription Opioid Misuse Prevention



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%.



WHAT ARE Rx OPIOIDS?

- Prescription pain killers that are powerful and addictive
- Similar chemical properties and addictions risks as heroin
- ex: Oxycodone (Oxycontin), Hydrocodone (Vicodin), Tylenol #3

RISKS?

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

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

Why are student 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
- **Culture** of ‘play through the pain’



BE THE MAJORITY

- **85%** of high school student have **NOT** misused prescription meds in the last year
- **88%** of male athletes are **NOT** prescribed opioids
- **92%** of female athletes are **NOT** prescribed opioids

**You got injured...
Now what?**



**DON'T LET AN INJURY LEAD
TO AN OPIOID ADDICTION**



Ways You Can Manage Pain Safely Without Medication

Before being prescribed pain medication, discuss other ways to manage pain with your doctor, such as:



Non-Opioid Pain Medications



Non-Medication Treatment



- **ACETAMINOPHEN**
- **ANTI-INFLAMMATORIES**
- **ICE, HEAT**
- **PHYSIOTHERAPY**
- **MASSAGE**
- **ACCUPUNCTURE**
- **NERVE STIMULATION**
- **COMPRESSION**
- **YOGA**



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.

Ohio
Department of Health



You are **in charge** of your own health

- Know your options
- Use **alternatives**
- Ask your care provider **questions** before accepting a prescription
- If an opioid is required, use it for the **shortest time** possible
- Take time to heal but still **stay involved** with the team



Learn the right questions
to ask your doctor at
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Ohio
Department of Health



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.

ASK QUESTIONS

BE ENGAGED

TAKE CHARGE

- 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:



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Learn More | www.fda.gov/forconsumers/consumerupdates/ucm529517.html

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

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

How 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.

Give a Reason

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

You want some of my _____?

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

CHECK YOURSELF AND YOUR 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



**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