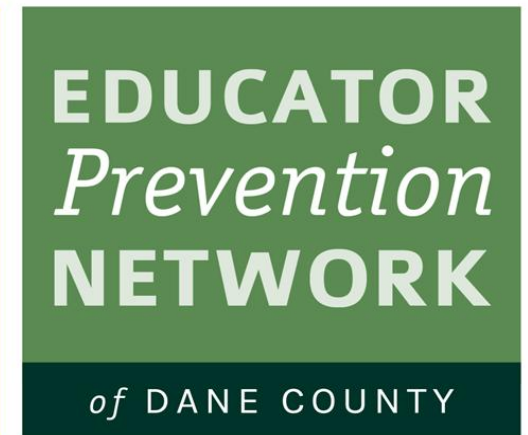


Everything Parents need to know about **Pain Meds and Heroin**

**Safe Communities
Madison-Dane County**



Welcome

- **Facilitators**
- **Genevieve Kirchman**, Parent Educator
Any School District
AND
- **Cindy Holmes and Josalyn Longley**, Deputies
Dane Co. Sheriff's Dept.



- **I. Understanding the Problem**
- **II. Know what works**
- **III. Safeguarding & Disposal**



- **I. Understanding the Problem**

What is Rx drug abuse?

- Self Medicating - using a drug without a prescription to obtain the intended benefit

AND/OR

- Recreational use - to get high or feel good

Addiction

- Brain Disease
- Family history a factor
- Relapse is part of the disease
- Person who's addicted needs the behavior or substance to feel "normal"
- Teens especially vulnerable because their brain is developing until they are 24

Slang Terms

Pharming or Pharm Parties

Skittling

Purple Drank

Robotripping

Sizzurp



- “Pharmageddon”

- For the first time,

**unintentional
overdoses**

- have replaced car accidents as the

- **leading cause of
accidental deaths**

- in 15 states and the District of
Columbia.”

- ~~CBS~~ “Early Show on Saturday Morning” Sept. 4, 2010



Synthetic Heroin

What's the Difference?

1. Legality
2. Ability to predict how it will effect you
3. How Addictive
4. Cost
5. Public Perception
6. Overdose Risk

In Dane County.....

- **DEATH** rates from opioids
(*heroin & prescription pain medications*)

have

**ALMOST
QUADRUPLED**

from 2002-2011



In Dane County

Majority

Opioid-related deaths and hospitalizations are from...

Prescription Pain Meds

(e.g. Oxycontin, Vicodin, Morphine).

***Number of high school
students in Dane Co.
reporting using heroin or
prescription drugs***

7.5%

1,277 Teens

2012 Dane County Youth Survey Results



How Are Drugs Obtained?

WHO are they getting them from?

More than 1 Doctor - 2%

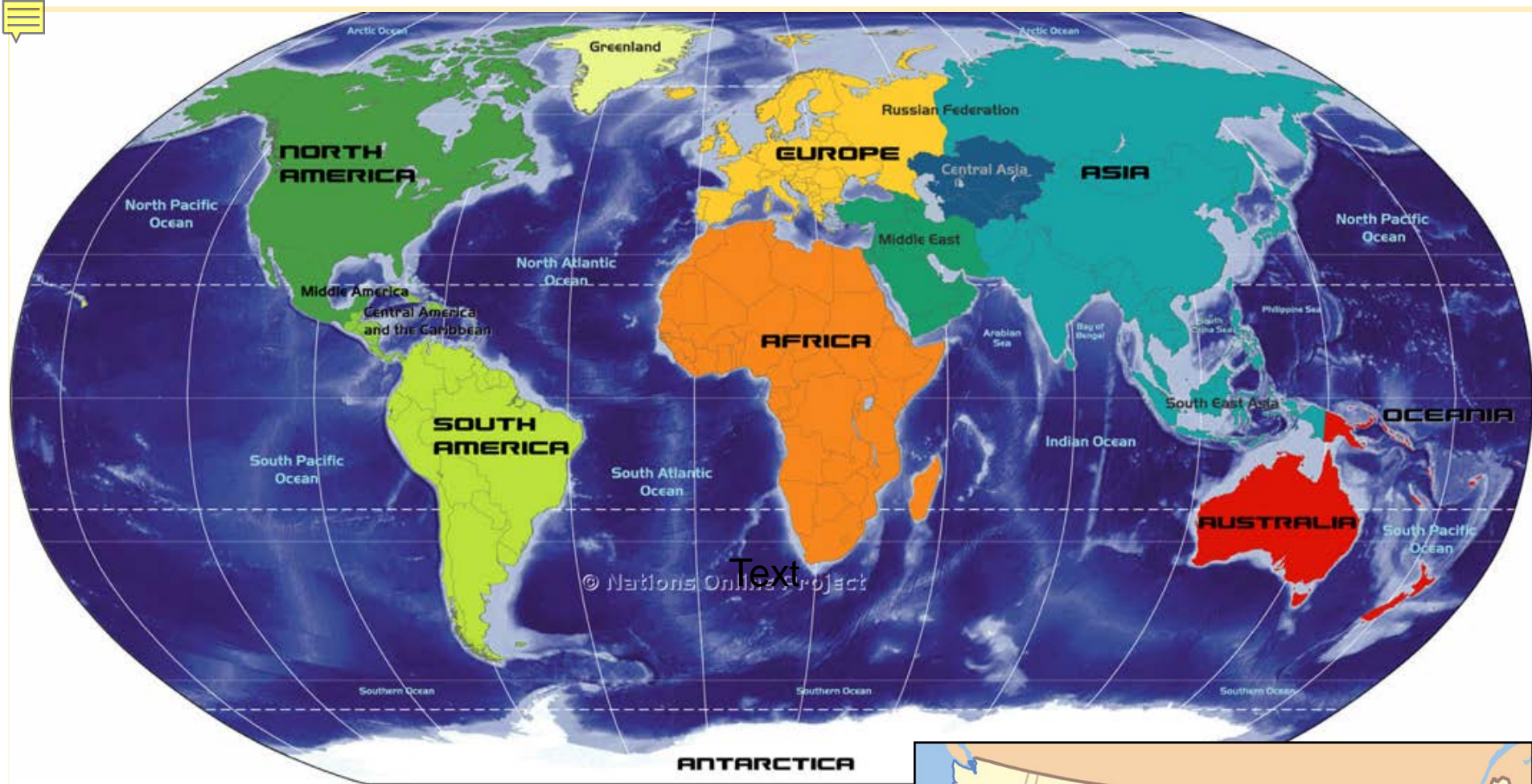
Bought/Took from Friend or Relative - 17%

One Doctor - 18%

Drug Dealer or Stranger - 4%

Free from Friend or Relative - 54%

National Survey on Drug Use and Health 2011



USA = **5%** of World's Population
 AND
 Consumes **75%** of Prescription
 Drugs



• **How many prescriptions are filled every month in Wisconsin?**

- A. 1 million
- B. 150,000
- C. 6 Million
- D. 87,899

(Source: Kaiser Family Foundation State Health Facts 2011)





• II. Know what works

So..What does work?

#1

- “Children close their ears to advice but open their eyes to example.”

#3: Deliver the Message

#4: Challenge the Norm

#5: Warning Signs

PARENTS: YOU MATTER



The Tip Sheet

Thank you for attending this presentation.

Here are important tips, resources and information you can use to give your kids happy, healthy and safe futures, and help them avoid the dangers of drugs and alcohol.

Special Vulnerabilities

- ✓ Family history – predisposition to drug or alcohol problems
- ✓ Close friends who use drugs or alcohol
- ✓ Early first use
- ✓ Diagnosed or undiagnosed depression / other mental health disorders
- ✓ Problems in school / learning disabilities

Communicate – 4 Tips to Help

1. Clearly communicate the risks of drug and alcohol use
2. Let your kids know you disapprove of any drug and alcohol use – kids who believe their parents will be upset if they try drugs are **43% less likely to do so**
3. Use “teachable moments” to raise drug and alcohol issues
4. Frequently talk **AND LISTEN** to your kids about how things are going in their lives

Monitor – 6 Tips to Help

1. Know who your child is with
2. Know what they’re doing
3. Know where your child will be
4. Know when your child is expected home
5. Know who your teen’s friends are – communicate with their parents
6. Establish and enforce rules – including a clear “no use” policy

How To Spot Drug and Alcohol Use

- ✓ Here are **five** changes to watch for...
 1. Declining school work and grades
 2. Abrupt changes in friends, groups / behavior
 3. Sleeping habits/abnormal health issues
 4. Deteriorating relationships with family
 5. Less openness and honesty
- ✓ Be aware of special vulnerabilities

What to Do When You Spot Drug and Alcohol Use

- ✓ Focus, you can do this; don’t panic, but act right away
- ✓ Start talking and let your child know you are concerned; communicate your disapproval
- ✓ Set limits, rules and consequences
- ✓ Monitor – look for evidence, make lists, keep track
- ✓ Get outside/professional help – you don’t have to do this alone

Taking Action & Learning More

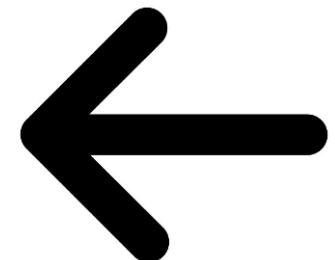
- ✓ Use what you’ve learned today and spread the word about “Parents: You Matter”
- ✓ Communicate with other parents, and tell three friends about what you’ve seen.

Obtain free alcohol and drug information & prevention publications from the National Clearinghouse on Alcohol and Drug Information at (800) 729-6686.

To find treatment providers call the Substance Abuse and Mental Health Services Administration’s 24-Hour Toll-Free Treatment Referral Helpline at 1-800-662-HELP (1-800-662-

Partnership Websites

- www.drugfree.org – Main Site
- www.timetotalk.org –For tips and advice on starting conversations with your kids
- www.drugfree.org/timetoact –For parents who suspect or know their kids are using
- www.drugfree.org/teenbrain –Insight into teen brain development
- www.drugfree.org/parent – Parent Tool Kit offers videos & articles on how to talk with your kid at any age
- [Partnership eNewsletter](#) – Sign up and receive the latest tools, tips and guidance for raising healthy kids



Parent Addiction Network

me File Edit View History Bookmarks Window Help

Feb 10 training - handout x Google Calendar x Parent Addiction Network x Taking Screenshots in Mac x

www.safercommunity.net/parent_addiction_network.php

PARENT Addiction NETWORK

of DANE COUNTY

An online resource center for family and friends of people battling drug addiction

BACK TO SAFE COMMUNITIES

EVENTS

FIND US ON FACEBOOK

EN ESPAÑOL

VISIT OUR BLOG

DONATE

HOME

UNDERSTANDING
ADDICTION

FAQS

SIGNS AND SYMPTOMS

INSURANCE

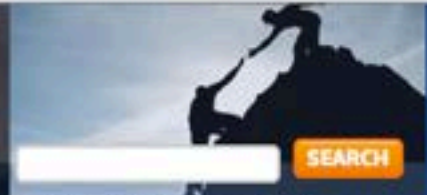
LEGAL SYSTEM

TREATMENT

OVERDOSE - CRISIS

RECOVERY

PARENT SELF CARE



BE AWARE - BE INFORMED - FIND HELP

Welcome to the Parent Addiction Network of Dane County, Wisconsin.

This site is for parents, families, and friends who have a loved one affected by drug addiction. The drug epidemic that is sweeping our communities and the nation knows no boundaries. It affects all ages, socio-economic groups, races and ethnicities, and genders. While Madison and Dane County are rich in resources and services, it is often difficult to know who to turn to, what to ask, and how to navigate the issues and systems associated with drug use disorders. We hope this site will help you find answers to the many questions that surround addiction, treatment, insurance, legal issues, recovery, and getting support for your loved one and yourself. **You are not alone!**

"I didn't know what to do or where to turn. I couldn't talk to my family or friends. There is a stigma with addiction that makes it so difficult." (Madison Parent)

"I learned addicts are not people on the street, but they are kids from your school, friends, neighbors and, surprisingly, parents of those kids." (Madison Parent)

"There is never a stupid question or circumstance that makes a parent feel alone." (Madison Parent)

WHAT'S NEW

Resource for parents who suspect or know their child is using drugs- Time to Act from Drugfree.org
(<http://www.drugfree.org/other-community-education/time-to-act>)

Bills pass Assembly unanimously; Senate vote is next

Public Hearing on Rep. Nygren's bills of importance to us: Assembly Bill 446 (The Naloxone Bill); 447 (the Good Samaritan Bill); Bill 448 (drug disposal). WHEN AND WHERE: Thursday, January 9, 2014; 10:31 AM 300-NE Executive Session.

Another useful handout: "[A Patient's Guide to Opioid Medication Safety](#)" with tips for safely storing and disposing of medicines.

Discuss the Rest of the Tip Sheet

- 1. What surprises you?
- 2. What do you want to remember?
- 3. What question do you have?

- **Ask someone in your group to be the reporter**

Summary of What Works

Lead by Example *Connected to School*

Talk about Risk - and Listen

Challenge the “Norm” misperception

Monitor

Know the Warning Signs

*Know
where to
go for
Help*



If something has changed?



- **III. Safeguarding & Disposal**

Safeguarding Your Pills

- Lock them up
- Do NOT leave drugs in the open
- Keep pill bottle caps on tightly
- Know how many pills you have
- Properly dispose of old or unneeded meds
- Monitor your children's prescriptions

Disposal of Prescription Drugs



**MedDrop Locations at
13 Police Departments
in Dane County**



Disposal of Prescription Drugs

- IF no med drop box -
- Do **Not** Flush down the toilet.

Place in used kitty litter or
wet coffee grounds

(make unappealing to others & pets)

Place in watertight container & put in trash.

Liquid meds: add flour, salt, or other
dry powder to absorb medication



- 
- **I. Understanding the Problem**
 - **II. Know what works and then....do it!**
 - **III. Safeguarding & Disposal**

Thank you. . . .

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AND

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Deputies, Dane Co. Sheriff's Dept.

