

***70% of people who abuse
prescription pain relievers
get them from friends or relatives.***

(SAMSHA, 2008).

The ***Goodhue County Prescription Drug TAKE BACK*** is part of a national effort by the Drug Enforcement Administration to decrease the abuse of prescription drugs by decreasing their availability. Prescription drug abuse has risen rapidly in the United States because of availability and because people assume doctor prescribed medications are safe.

Misuse of prescription drugs is responsible for more overdose deaths than "street drugs" such as cocaine, heroin, and amphetamines (Center for Disease Control, 2006).

Prescription medications supersede marijuana as the drug of choice currently among 12-13 year old youth (SAMSHA, National Survey on Drug Use and Health, 2008) and, 25% of drug-related emergency room cases relate to prescription drug abuse (DEA, 2010). Prescription medications abused most frequently include pain killers, stimulants, and tranquilizers. Those who share their prescription medications may be unaware of the potential for addiction and other health hazards.

Safe disposal of prescription drugs also reduces the damage to groundwater and the environment that results from improper disposal. The Goodhue County Health and Human Services stress that flushing medicines down a toilet or sink contaminates water resources and can have a negative impact on fish and other aquatic species. Septic systems and public wastewater facilities are not designed to treat these products and eventually they can impact wells and community drinking water supplies. When not disposed of properly, unused and expired medications can cause poisoning in small children and pets through accidental ingestion.

Online drug prevention resources and information are available at

[Chemical Health Initiative of Goodhue County \(CHI\)](#)

The CHI is a community-based coalition focused on reducing youth substance abuse; advocating for a healthy environment for youth; and providing factual information on emerging trends and substance abuse issues in Goodhue County: <http://www.chi-goodhue.org>

[National Institute on Drug Abuse \(NIDA\)](#)

NIDA provides information for youth, parents, teachers, medical & health professionals and researchers on the science of drug abuse and addiction: <http://www.nida.nih.gov/NIDAhome.html>

NIDA's page for prescription drugs includes types of drugs, trends, prevention, detection, and treatment information: <http://www.nida.nih.gov/ResearchReports/Prescription/Prescription.html>

[Partnership for a Drug Free America \(PDFA\)](#)

PDFA is a nonprofit organization that unites parents, scientists and communications professionals to help families raise healthy children: http://www.drugfree.org/Portal/Drug_Guide/

PDFFA's main page for drug information with links to prescription pain relievers, prescription sedatives and tranquilizers, prescription stimulants and also the over-the-counter drugs like DXM (Dextromethorphan) and Pseudoephedrine with related links and articles: http://www.drugfree.org/Portal/Drug_Guide/

Preventing Prescription Drug Misuse @ MPC

This URL will provide the opportunity for prevention professionals to blog on issues regarding PDM and establish discussion forums on PDM topics. <http://www.pdmconnect.org>

Office of National Drug Control Policy (ONDCP)

The principal purpose of ONDCP is to establish policies, priorities, and objectives for the Nation's drug control program. The goals of the program are to reduce illicit drug use, manufacturing, and trafficking, drug-related crime and violence, and drug-related health consequences: <http://www.whitehousedrugpolicy.gov>

ONDCP's Prescription Drug Abuse Prevention page with information about drug facts, statistics, trends, proper disposal procedures and links for youth and parents:

http://www.whitehousedrugpolicy.gov/drugfact/prescr_drg_abuse.html

ONDCP's MEDIA CAMPAIGNS:

The National Youth Anti-Drug Media Campaign, under the management of the ONDCP, is a strategically integrated communications effort that combines advertising with public communications outreach to deliver anti-drug messages to America's youth, their parents, and other influential adults. Below are some of the campaigns.

DIRECTED AT TEENS: The Above the Influence campaign site reflects what teens across the country have told ONDCP is going on in their lives, and provides perspective on what influences they face every day:

<http://www.abovetheinfluence.com>

Prescription Drug Facts page: <http://www.abovetheinfluence.com/facts/drugs-prescription-otc.aspx#>

Over-the-Counter Drug Facts page: <http://www.abovetheinfluence.com/facts/drugs-otc.aspx#>

DIRECTED AT PARENTS: Parents - the Anti Drug - campaign site for parents provides drug facts, prevention strategies and information. Sites are also available in Spanish, Chinese, Filipino, Korean, and Vietnamese. <http://www.theantidrug.com>

Prescription Drug Abuse page: http://www.theantidrug.com/drug_info/prescription_drugs.asp

Prescription Drug Ads: http://www.theantidrug.com/drug_info/prescription_ads.asp

Substance Abuse and Mental Health Services Administration (SAMHSA)

Older Americans Substance Abuse and Mental Health Technical Assistance Center, a program under SAMHSA, provides technical assistance and information, training, and direct assistance in the prevention and early intervention of substance abuse and mental health problems of older Americans, including Medication misuse and abuse.

Articles - Prescription Drug Misuse in Older Adults: <http://www.samhsa.gov/OlderAdultsTAC/index.aspx>

Toolkits: <http://ncadistore.samhsa.gov/catalog/ProductDetails.aspx?ProductID=16523>

A Family Guide To Keeping Youth Mentally Healthy & Drug Free (Family Guide), under SAMHSA, is a public education website developed to support the efforts of parents and other caring adults to promote mental health

and prevent the use of alcohol, tobacco, and illegal drugs among 7- to 18-year olds:
<http://family.samhsa.gov/default.aspx>

Prescription Drug Page: <http://family.samhsa.gov/talk/painkillers.aspx>

SAMHSA, National Clearinghouse for Alcohol and Drug Information (NCADI)
Order free publications, videos, toolkits, etc. - Follow the links to prescription drugs, prescription medications, opiates and narcotics, etc. <http://ncadistore.samhsa.gov/catalog/drugs.aspx>

For more information regarding Goodhue County TAKE BACK, call 651-385-6174 or 800-950-2142 or email at info@chi-goodhue.org