



Be Heard... Be Hope

Welcome




TODAY'S TOPIC AWARENESS PRESENTATION

Prescription Drugs & Opioids



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Meeting Agenda

	Agenda Items
	Ground Rules & clubhope™ Affirmation
	Topic Awareness Presentation: Prescription Drugs & Opioids
	Group Discussion
	Lessons Learned and Takeaways
	Next club Meeting Topic
	clubhope™ Instagram
	Adjourn Meeting

Ground Rules



clubhope™ Affirmation

- *We respect and honor all opinions and feelings.*
- *It is okay not to talk but all are encouraged to participate when ready.*
- *No one is judged, we show respect and empathy for each other.*
- *No one is perfect, we all face problems, and we try to improve our situation one day at a time.*
- *I may come to learn that others are dealing with the same issue I face.*
- *It is understandable that some of us possess untold truths about the way we feel and what we have experienced.*
- *We gather to have meaningful conversations to recognize we are not alone.*
- *Seeking professional support can help me, there is no shame in asking for help.*
- *We want to help others and ourselves.*
- *Be Heard . . . Be Hope*

What Is Teen Prescription Drug Misuse?

- When teens take prescription medications that have been prescribed to someone else.
- When a teen takes medication in a way other than as prescribed, or with the intention of getting high, he or she is abusing prescription drugs.



Medically Appropriate Teen Drug Use

Proper and supervised use of prescription medications as directed by a healthcare provider to treat a diagnosed medical condition.

For example, you take prescribed antibiotics for an infection.



Most Misused & Abused Prescription Drugs

Drug Type	Purpose	Common Names
Opioids	Used to treat pain	<ul style="list-style-type: none">• Oxycontin• Percocet• Hydrocodone (NORCO)
Anti-anxiety medicines, sedatives and hypnotics	Used to treat anxiety and sleep disorders	<ul style="list-style-type: none">• Alprazolam (Xanax)• Diazepam (Valium)• Zolpidem (Ambien)
Stimulants	Used to treat attention-deficit /hyperactivity disorder (ADHD)	<ul style="list-style-type: none">• Methylphenidate (Ritalin, Concerta)• Dextroamphetamine- amphetamine (Adderall XR, Mydayis)• Dextroamphetamine (Dexedrine)

Most Common Negative Side Effects from Popular Prescription Drugs

Anxiety Meds	Stimulants
<ul style="list-style-type: none">● Drowsiness● Confusion● Unsteady walking● Slurred speech● Dizziness● Problems with memory● Slowed breathing	<ul style="list-style-type: none">● Increased alertness● Feeling high● Irregular heartbeat● High blood pressure● High body temperature● Increased alertness● Feeling high● Irregular heartbeat● High blood pressure● High body temperature

Physical Dependence (Drug Tolerance)

- Is the body's response to long-term use of a drug.
- People who are physically dependent on a drug may:
 - Need higher doses to get the same effects.
 - Experience withdrawal symptoms when cutting back or abruptly stopping the drug.



The Opioid Crisis and Teens

- The opioid crisis refers to a significant increase in the misuse and abuse of opioid drugs, including prescription painkillers, heroin, and synthetic opioids like fentanyl.
- It has become a widespread problem in the United States and many other countries, leading to increased rates of addiction, overdose, and death.
- It impacts teens and adults.
- A great number of teens and adults continue to die.
- The crisis remains ongoing.



Opioids Deaths

Any idea how many people have died since 1999 from drug overdose mainly attributed to opioids and now fentanyl at an alarming rate?



1 Million People Have Died Since 1999

- Opioids continue to be the driving cause of drug overdose deaths.
- Synthetic opioids, primarily **fentanyl**, caused nearly two-thirds (64%) of all drug overdose deaths in the 12-month period ending April 2021, up 49% from the year before.



What Are Synthetic Opioids?

- **Synthetic opioids are man-made compounds** that mimic the effects of natural opioids, which are pain-relieving substances produced by the body.
- These synthetic versions are designed to interact with opioid receptors in the brain and nervous system, primarily used for pain relief. However, they can also lead to side effects and potential misuse due to their addictive properties **and they are very deadly.**
- Examples of synthetic opioids include **fentanyl, tramadol, and methadone.**



Deadly Fentanyl

- **50 to 100 times more potent than morphine and 50 times more potent than heroin.**
- Because of its potency it has a very high risk for overdose and **causes your body to stop breathing which leads to unconsciousness and death.**
- Is often presented to look like a real prescription drug by dealers so many people are unaware it can be fatal when they take it.
- **It can also be packaged to look like candy or chalk to make it more enticing for young people to take.**



Overdose Signs

- Pale face
- Clammy to the touch
- Limp body
- Blue/purple-hued fingernails/lips
- Vomiting and gurgling noises
- Lack of consciousness/ability to speak
- Slow/pausing of breathing or heartbeat



Medical Consequences

Drug	Consequence
Opioids	<ul style="list-style-type: none">• Can cause a slowed breathing rate and potential for breathing to stop• Opioids can also cause a coma• An overdose can lead to death
Anti-anxiety	<ul style="list-style-type: none">• Can cause memory problems, low blood pressure, and slowed breathing• An overdose can cause coma or death• Abruptly stopping the medicine may cause symptoms that can include an overactive nervous system and seizures
Stimulants	<ul style="list-style-type: none">• Heart problems, seizures or tremors, hallucinations, aggressiveness, and paranoia

Prevention

Prescription drug abuse may occur in people who need painkillers, sedatives, or stimulants to treat medical conditions. If you are taking a prescription drug that commonly leads to drug misuse, here are ways to reduce your risk:

- Make sure you are getting the right medicine
- Check in with your healthcare provider
- Follow directions carefully
- Know what your medicine does
- Never use another person's prescription
- Do not order prescriptions online unless they are from a trustworthy pharmacy
- Never leave a drink unattended

The Stigma

Why do so many young people avoid seeking professional help when they are addicted to drugs?



The Stigma

Why do so many young people avoid seeking professional help when they are addicted to drugs?

- Fear of judgment for family and peers
- Privacy concerns of being found out
- Perception of invincibility and a false sense an addiction can be controlled
- Prone to more risk-taking and experimentation as your identify forms
- Peer pressure - stopping an addiction takes you away from peer group



Seeking Professional Help

The first step is acknowledging that you have a problem. This can be difficult, but it is essential to be honest with yourself about your situation.



Talk To Someone You Trust

Such as a:

- Parent
- Family member
- Guardian
- Teacher
- School Counselor
- Coach



Seeking Professional Help

- Research treatment options
- **Reach out to these professionals who can provide expert guidance,** coping strategies, and offer a safe place to talk about your struggles:
 - Mental health professional
 - Counselor
 - Therapist
- Ask family members or a close friend if they know of anyone you could trust, someone they have experience with or have heard good things about.
- Actually speak with different professionals and do an informational interview by asking them how they can help you. Doing this will align you with a professional you are very comfortable working with.

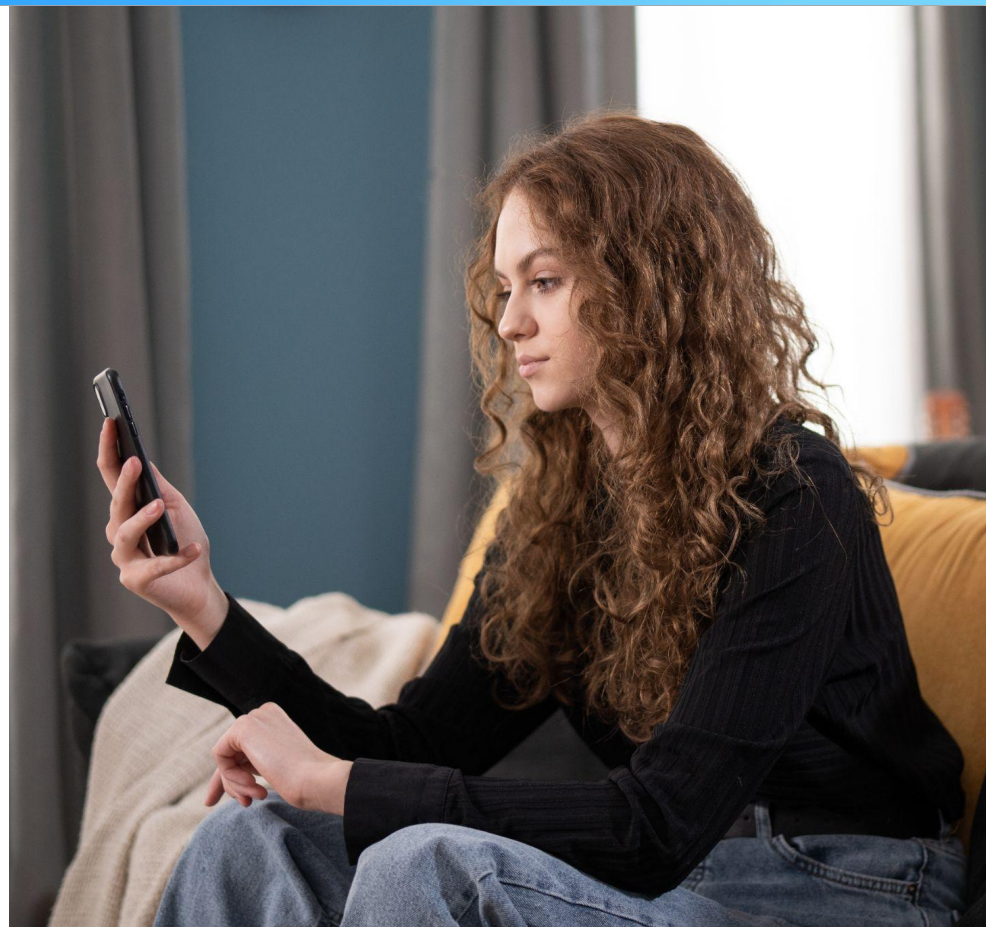
Seeking Professional Help

Contact confidential hotlines:

**SAMHSA's National Helpline
(1-800-662-HELP)**

Crisis Text Line

**Text HOME to 741741 to reach a
volunteer Crisis Counselor**



Group Discussion



Group Discussion



- Do you think prescription drug abuse is a serious issue among teenagers? Why or why not?
- Have you ever felt pressured to take prescription drugs without a valid reason? How did you handle it?
- Do you think prescription drugs are safer to use than illegal drugs? Why or why not?
- What are some reasons why teenagers might be more vulnerable to prescription drug abuse?
- Are there any strategies or tips you've heard of that can help prevent prescription drug abuse among teenagers?
- How might social media and pop culture influence perceptions of opioid use?
- How can we effectively support friends or family members struggling with opioid addiction?
- What are some ways we can collectively work to reduce prescription drug abuse in our communities?

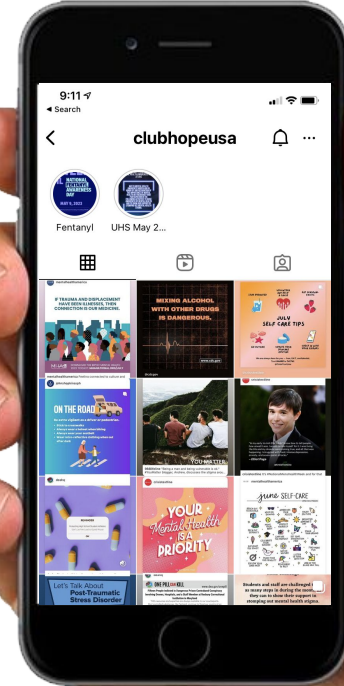


CAPTURE TAKEAWAYS

Instagram

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Club Business

- **Status of Fundraisers & Events**
- **Next Meeting Date & Time**



That's All Folks
Meeting Adjourned

