



Preventing Prescription Drug Abuse

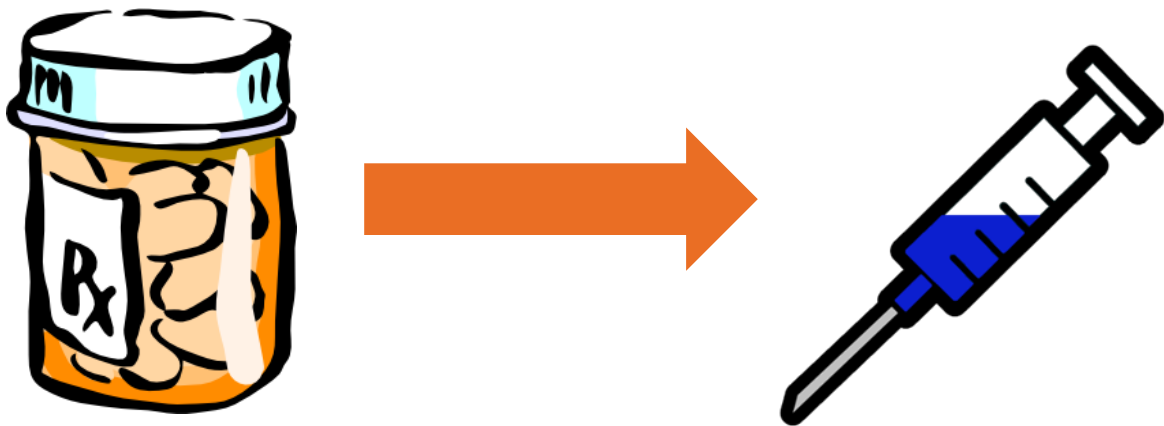
"I thought that too, that it would never happen to my kid."

-Esther York,

Connecticut mother who lost her daughter at the age of 20 after a heroin overdose that started with abusing prescription drugs

1 of 10 of Connecticut high schoolers misuse prescription medications

Misusing prescription drugs is just as dangerous as using an illicit drug



In 2014, opioids were involved in 61% of all drug overdose deaths in the U.S

1 in 15 people who misuse prescription drugs will try heroin



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Tips and Tools for Prevention

Mind Your Meds

- Keep track of pills
- Properly dispose of any unused medications
- Store medications in a secure place

Communicate with your child

- Clearly communicate the risks of use
- Begin conversations as early as possible
- Let your kids know you disapprove of use
- Frequently talk and listen
- Use teachable moments

Recognize Use

- Cycles of increased or decreased energy, restlessness, and sleep
- Abnormally slow movements, speech or reaction time, and disorientation
- Sudden weight loss or weight gain.
- Unexpected changes in clothing,
- Finding suspected drug paraphernalia
- Progressive, severe dental problems

For more information and tips on prevention visit our website:

<http://www.preventionworksct.org/>

