

## Prescription Drug Abuse...



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The national picture indicates that new users of prescription drugs have caught up with new users of marijuana. Approximately 9.3 percent of youths aged 12 to 17 were current illicit drug users—6.7 percent used marijuana and 2.9 percent engaged in nonmedical use of prescription-type psychotherapeutics (NSDUH, 2008). It is no wonder that our youth have access and think that using prescription drugs is normal and safe when the statistics show that patients leave the doctor's office with a prescription in hand in 7 out of 10 visits.

Some youth tend to use prescription drugs for legitimate reasons – with or without a prescription – to stay awake, remain alert or to go to sleep. Others purposely abuse these drugs to get high. They are often unaware that these activities can lead to disastrous results:

- Increased blood pressure or heart rate.
- Damage the brain and other organs.
- Accidental overdose / poisonings.
- Physical dependency and / or addiction.
- Disruption in breathing (respiratory depression, especially when combined with alcohol)
- Damaging and sometimes deadly drug interactions associated with mixing multiple drugs or combining with alcohol.
- Seizures and even death.

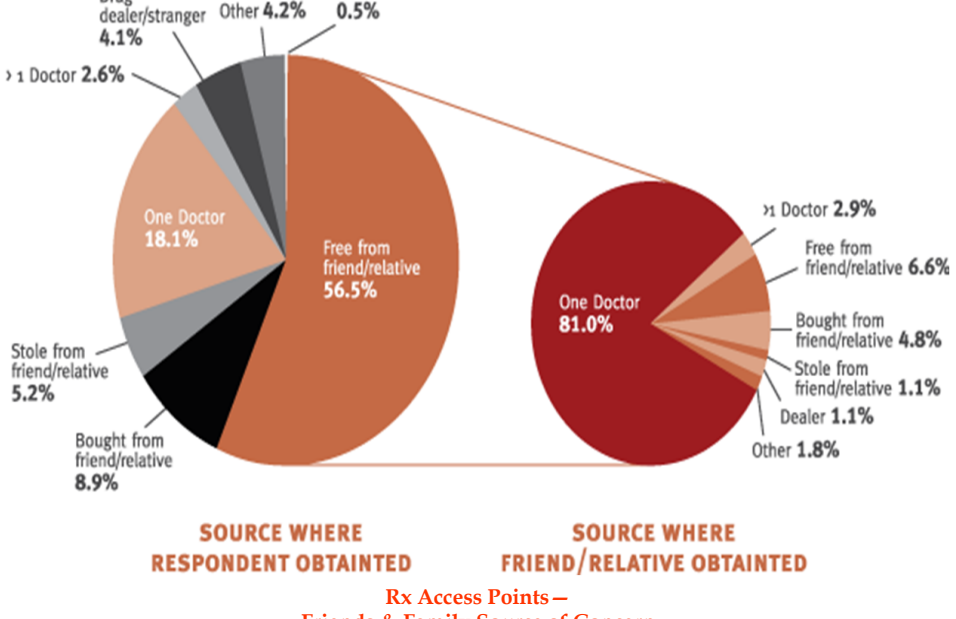
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### It's an Issue of Influence

Remember our youth learn by example. When they see mom, dad, a sibling or grandparent taking a pill – even responsibly – it doesn't seem so bad. Many teens report that their parents have the greatest influence on their drug use attitudes and decisions. Kids who continue to learn about the risks of drugs at home are up to 50% less likely to use drugs than those who are not taught about these dangers. So talk to your youth about prescription drugs, give them clear guidelines on using them only when prescribed to them by a doctor and as directed. Practice "escape routes" with them so when they are approached to misuse prescription drugs they know how to refuse. Keep track of your meds at home, store them out of site from others who may come into your home. And use proper disposal methods to get old and unused prescription or over the counter medications out of your home.



**Take the National Drug IQ Challenge!** During November 8th–November 14th go to <http://drugfactsweek.drugabuse.gov/IQchallenge.php> and test your knowledge on drugs and drug abuse by taking the interactive National Drug IQ Challenge quiz.

**Follow NIDA's Chat Day Event online!** On November 9th, NIDA will hold its annual Drug Facts Chat Day from 8 am to 6 pm EST. Since 2008, NIDA scientists have a Web chat with thousands of teens who ask questions about drugs. Every year teens ask many more questions than the scientists can answer, so registration is limited. But chances are we will be talking about something that interests you—so check it out at <http://www.drugabuse.gov/chat/>



## Back to School & Settled In...

### What Has the Taskforce Been Up to?

As school begins again and schedules take on more of a routine, we settle in. It has been a busy summer and the routine feels good. During the summer break, however, we have been working diligently to continue our mission "To significantly reduce underage use of tobacco, alcohol and drugs for youth living and attending school in Hubbard County." Over the summer we worked with the Hubbard County Attorney and Sheriff to bring a **Social Host Ordinance** to the County Board of Commissioners. The ordinance passed unanimously and will be enforceable after it has been published in our local paper. We helped organize **compliance checks** for those who sell and serve alcohol in Hubbard County as well as trained many in **Responsible Beverage Service**, the laws and penalties associated with serving to a minor, adolescent brain development and the potential dangers of pairing energy drinks with alcohol. We planned a soon to begin Drug Collection Program in Hubbard County called **Take it To The Box**. We worked with the County Attorney's office to continue the once state-funded diversion program **Change Direction** to be sponsored locally. We had our second annual **Back to School Bash** with an over-whelming attendance and participated in planning and supporting youth events in Laporte and Park Rapids. We worked with the Rock N Sober group in Laporte on a **Community Garden and a Photo Voice Project** to bring awareness of the needs of the community for safe and healthy activity. The video slideshow of photos from the students will be out soon. We have participated in fairs and expos and the **Night We Unite**. And we learned a few things at the **State Health Improvement Program and the National Community Anti-Drug Coalitions of America** conferences.

Starting November 1st:  
Join us in the  
Great American Smoke Out  
Activities!

## the Great American Smoke Out

Hubbard County  
Join the Great American Smoke Out  
on November 18, 2010

### WAYS TO PARTICIPATE

- § Join the HC Great American Smoke Out on Facebook
- § Call the quit line 1-800-354-7526
- § Check out [www.quitplan.com](http://www.quitplan.com)
- § Students grades 7-12 enter the Youth Video Contest
- § Start a work place "quit smoking" campaign. Log onto [www.cancer.org](http://www.cancer.org)
- § Call St. Joseph's Community Health at 237-5483 for a free kit on quitting smoking



## STARTING THIS FALL!

## Take It To THE BOX

Safe Use • Safe Storage • Safe Disposal

### What:

Our community is serious about preventing medication misuse/abuse and about environmentally safe disposal of medication.

### When:

7 days a week, 24 hours a day,  
365 days per year.

### How:

- Leave medication in the original container.
- Remove your name & personal information.
- Keep the name of the medication.
- Drop medication into the disposal box.

### Where:

Hubbard County Sheriff's Office  
301 Court Ave. Park Rapids, MN

### Youth Event Calendar

On Left: The  
2nd Annual  
Back to  
School Bash



Above: Breaking ground for  
the Laporte Rock N Sober  
Garden

### Alternative Highs To Be Announced

On Left: The Laporte Rock  
N Sober Garden in full  
bloom.



**Mondays:**  
**5:30-7:00pm**  
**at the Laporte**  
**School in the**  
**FACS room.**

