



# Addiction

## can start in YOUR medicine cabinet

### Parents! Did you know that...?

- Overdose deaths from prescription painkillers have *quadrupled* from 1999 to 2013, killing more than 16,000 people across the ages in the U.S.

*SOURCE: Centers for Disease Control and Prevention. National Vital Statistics System mortality data (2015)*

- More than 60% of teens say prescription pain relievers are easy to get from the medicine cabinet at home, the homes of relatives, or from friends.

*SOURCE: DoSomething.org (2015)*

- Youth who abuse prescription medications are also more likely to report earlier use of other drugs, particularly alcohol and marijuana.

*SOURCE: NIDA (2014)*

### What can you do?

#### Youth prescription drug abuse — Don't ever think "Not My Kid!"

- 1. INFORM** your child/teen that taking prescription drugs without a doctor's supervision is dangerous and potentially lethal. **TELL** them that the use of marijuana and alcohol can become a pathway to prescription drug addiction. For more information, visit [www.drugabuse.gov](http://www.drugabuse.gov).
- 2. REMOVE** drugs from your medicine cabinet and hide them, or lock them up and properly dispose of expired or unused medications.
- 3. SUPERVISE** your child/teen's Internet use. Some websites sell dangerous drugs that may not require a prescription.
- 4. WARN** family members (especially grandparents) and other parents about the importance of safeguarding medications in the home.

Information provided by the Chippewa Valley Coalition for Youth & Families.

OPERATION   
MACOMB COUNTY  
PREVENTING ABUSE, ADDICTION AND OVERDOSE

[www.OperationRx.com](http://www.OperationRx.com)

Never Share, Take Sparingly, Store Securely, Dispose Properly

Seek help immediately if you suspect you or a family member has a substance abuse problem. Macomb County residents who are enrolled in Medicaid, Healthy Michigan or are low income and uninsured, contact the Macomb County Community Mental Health Services Access Center at 586.948.0222 (collect calls are accepted) or contact the Crisis Center at 586.307.9100.