



## PRESCRIPTION DRUGS & OVER-THE-COUNTER MEDICATION



### WHY YOU SHOULD BE CONCERNED

**FACT:** Among persons ages 12 or older who used pain relievers nonmedically in the past year, an estimated 53% obtained them from a friend or relative. (2016 NSDUH)

**FACT:** In 2016, nonmedical use of prescription drugs among youth and young adults ages 12 - 25 was the second most prevalent illicit drug use category, with marijuana being first. (2016 NSDUH)

**FACT:** Use of prescription drugs can lead to substance use disorders. Among youth and young adults ages 12 - 25 prescription drug use disorder was the second most prevalent substance use disorder in 2016. (2016 NSDUH)

Prescription drug misuse is the use of prescription medication in a manner that is not prescribed by a health care practitioner. This includes using someone else's prescription or using your own prescription in a way not directed by your doctor.

Most people take prescription medication responsibly under a doctor's care. However, there has been a steady increase in the non-medical use of these medications, especially by teenagers. Part of the problem is the availability of medications (over-the-counter and prescription) in the family medicine cabinet which can provide easy access for children, adults, elderly and visitors. Non-medical use of certain prescription drugs can lead to addiction.

The following organizations offer information and resources that can help you and your family.

New York State Office of Addiction Services and Supports  
[oasas.ny.gov](http://oasas.ny.gov) | 518-473-3460

[CombatAddiction.ny.gov](http://CombatAddiction.ny.gov)  
[www.Talk2Prevent.ny.gov](http://www.Talk2Prevent.ny.gov)

The Partnership at Drugfree.org  
[drugfree.org](http://drugfree.org) | 855-378-4373

American Council for Drug Education  
[acde.org](http://acde.org) | 800-378-4435

Families Against Drugs  
[familiesagainstdrugs.net](http://familiesagainstdrugs.net)

Al-Anon and Alateen  
[al-anon.org](http://al-anon.org) | 757-563-1600

Faces and Voices of Recovery  
[facesandvoicesofrecovery.org](http://facesandvoicesofrecovery.org)  
202-737-0690

SAMHSA's Center for Substance Abuse Treatment  
[samhsa.gov/about/csat.aspx](http://samhsa.gov/about/csat.aspx)  
240-276-1660

Substance Abuse and Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov) | 877-SAMHSA-7

National Institute on Drug Abuse  
[www.nida.nih.gov/nidahome.html](http://www.nida.nih.gov/nidahome.html)  
800-662-HELP

National Council on Alcohol & Drug Dependence  
[www.ncadd.org](http://www.ncadd.org) | 800-NCACALL

**FOR HELP & INFORMATION**  
OASAS.NY.GOV

**CALL:** 1-877-8-HOPENY (1-877-846-7369)  
**TEXT:** HOPENY TO 467369



Office of Addiction Services and Supports

## YOU CAN BE THE DIFFERENCE

A Guide to Teen/Young Adult Substance Abuse



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Office of Addiction Services and Supports

# YOU CAN BE THE DIFFERENCE



## PRESCRIPTION DRUGS & OVER-THE-COUNTER MEDICATION

### WHAT YOU CAN DO

#### EDUCATE YOURSELF

Be aware and keep track of the medications in your home. Have open conversations about appropriate versus inappropriate use of medication. Inform your friends and family that misusing medications can be just as dangerous as using illegal drugs. A medicine cabinet inventory is available online for your use at <https://oasas.ny.gov/publications/index.cfm>. Ask your health care provider if any medications prescribed for your family have potential for misuse and the risk of addiction.

#### FAMILIARIZE YOURSELF WITH THE WARNING SIGNS OF PRESCRIPTION AND OVER-THE-COUNTER DRUG MISUSE

Warning signs can be both behavioral and physical, and may include withdrawal from normal activities, irritability, unusual requests for money, unexplained changes in friends and frequent nasal or sinus infections. The checklist provided can help identify signs for concern.

#### HELP IS AVAILABLE

If you feel that your child, or someone you know, has a problem with alcohol, substance use or prescription and over-the-counter drug use, help is available 24 hours a day, 365 days a year. Find help by calling 1-877-8-HOPENY (1-877-846-7369). All calls are confidential, anonymous and toll-free.



### CHECKLIST

#### PHYSICAL SIGNS

- Bloodshot Eyes
- Slurred or Agitated Speech
- Accidents and/or Injuries
- Skin Abrasions/Bruises
- Sudden or Dramatic Weight loss or Gain
- Frequent Illnesses
- Neglected Appearance/Poor Hygiene
- Slowed or Staggering Walk, Poor Coordination

#### BEHAVIORAL SIGNS

- Change in eating and/or sleeping patterns
- Lie, cover up or hide use
- Sense that the person will “do anything” to use again, regardless of consequences
- Loss of control or choice over use (drug-seeking behavior)
- Loss of interest in previously enjoyed activities
- Emotional instability
- Hyperactive or hyper-aggressive behavior
- Depression
- Failure to fulfill responsibilities at school or work
- Miss or skip school or work
- Complaints from teachers or co-workers
- Reports of intoxication at school or work
- Secretive behavior, phone calls
- Difficulty in paying attention
- Forgetfulness
- Paranoia
- Avoid eye contact
- Silliness or giddiness