Ohio’s Response

• Since 2011, Ohio has developed a comprehensive response to fight drug abuse:
  – Increase public and professional education
  – Increase enforcement and interdiction efforts on our highways
  – Expand treatment options and recovery supports
  – Focus on prevention
What is Start Talking!?
Kids are up to 50% less likely to use drugs when trusted adults talk to them about substance abuse.
Start Talking!

• Developed around 3 simple strategies:
  – Help parents understand the risks to their children and empower them with simple tools to get the conversation started.
  – Provide programming for schools, and others in the community, to reinforce positive messages
  – Encourage peer-to-peer conversations among high school youth to promote healthy lifestyles
Three Key Takeaways

1. Safeguard your home
2. Know the signs and symptoms
3. Talk early and often
Safeguard Your Home

1. Monitor.

2. Secure your medicine.

3. Dispose of your unused medicine.
## Know the Signs & Symptoms

<table>
<thead>
<tr>
<th>Pain Reliever Abuse (Opioid painkillers-used to treat pain)</th>
<th>Depressant Abuse (Anti-anxiety medication and sedatives)</th>
<th>Stimulant Abuse (Used to treat ADHD and certain sleep disorders)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>Drowsiness</td>
<td>Weight loss, Agitation, Irritability, Insomnia, High blood pressure, Irregular heartbeat, Anxiety, Impulsive behavior</td>
</tr>
<tr>
<td>Low blood pressure</td>
<td>Confusion</td>
<td></td>
</tr>
<tr>
<td>Decreased breathing rate</td>
<td>Poor judgment</td>
<td></td>
</tr>
<tr>
<td>Confusion</td>
<td>Dizziness</td>
<td></td>
</tr>
<tr>
<td>Sweating</td>
<td>Slurred speech</td>
<td></td>
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<tr>
<td>Constricted pupils</td>
<td>Respiratory depression</td>
<td></td>
</tr>
</tbody>
</table>
Talk Early and Often

• Talk frequently

• Be clear

• Know the facts

• Don’t use scare tactics
House Bill 367

Health education, which shall include instruction in: (f) Prescription opioid abuse prevention, with an emphasis on the prescription drug epidemic and the connection between prescription opioid abuse and addiction to other drugs, such as heroin.

Visit Education.Ohio.Gov for more information.
Three year project funded by the Ohio Department of Higher Education and developed by Wright State University:

1. Create a K-12 opioid abuse prevention curriculum for existing health education curriculum.

2. Provide professional development training for teachers, administrators and other school health partners.

3. Evaluate the implementation and impact of the curriculum on students, teachers, schools, and communities.
HOPE Curriculum- Overview

• K-12 opioid abuse prevention curriculum
• FREE for school districts
• Designed to supplement, not replace, a school’s comprehensive approach to alcohol and other drugs prevention education.
• Professional development available for educators and school administrators.
HOPE Curriculum Includes:

1. Lesson Plans
   • Three lesson plans for each grade K-8, 10 lessons for high school.
   • Includes additional lesson enhancements and extensions.

2. Teacher Guide
   • Tips to implement the lessons and additional content knowledge packets with instructor notes.

3. School Administrator Guides
   • Additional resources: FAQ’s, letter to parents overviewing the topic and resources.

4. Staying Connected
   • Ideas for additional follow-up, community and parent engagement, and social marketing based on the foundation established by Start Talking!
Parents  Faith-based organizations

Schools

Community leaders

Youth

Medical professionals

Grandparents

Businesses

Law enforcement

Youth
Learn how to get the conversation started at StartTalking.Ohio.Gov