Student Athletes

Prescription Opioid Misuse Prevention
### Did You Know....

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<td><strong>2hr</strong></td>
<td>Every 2 hours, an Ohioan dies from an unintentional drug overdose.</td>
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<td><strong>631+ Million</strong></td>
<td>In 2016, more than 631 million opioid doses were dispersed to Ohio patients.</td>
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<td><strong>4/5</strong></td>
<td>Four out of five people who started using heroin in the past year had previously used prescription pain relievers non-medically.</td>
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<td><strong>Exclamation</strong></td>
<td>63% of Ohioans who died from unintentional overdose had a prescription for a controlled substance within the past year.</td>
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WHAT ARE Rx OPIOIDS?

- Prescription pain killers that are powerful and addictive
- Similar chemical properties and addictions risks as heroin
- ex: Oxycodone (Oxycontin), Hydrocodone (Vicodin), Tylenol #3

RISKS?

- Psychological dependence or addiction
- Unintentional overdose
- Serious side effects, such as sedation, nausea, or vomiting
- Individuals stealing or accessing your prescribed medications
What is prescription medication abuse?

- Use of any medication that is not prescribed to you
- Taking too much of your prescribed medication or taking it too often
- Using a medication for any reasons other than what the prescription states
Why are student athletes at risk?

- 2 million high school athletes will be injured this year
- Many will be prescribed opioid painkillers
- 75% of high school heroin users started with prescription opioids
- Increased access due to high rates of injury on teams and unsafe medication sharing
- Culture of ‘play through the pain’
85% of high school students have NOT misused prescription meds in the last year.

88% of male athletes are NOT prescribed opioids.

92% of female athletes are NOT prescribed opioids.
You got injured…
Now what?

DON’T LET AN INJURY LEAD TO AN OPIOID ADDICTION
Ways You Can Manage Pain Safely Without Medication

Before being prescribed pain medication, discuss other ways to manage pain with your doctor, such as:

- Acetaminophen
- Anti-Inflammatories
- Ice, Heat
- Physiotherapy
- Massage
- Acupuncture
- Nerve Stimulation
- Compression
- Yoga
AN INJURED ATHLETE NEEDS TIME TO HEAL

DON’T MEDICATE TO PLAY THROUGH PAIN

BREAK THE CYCLE OF INJURY, PAIN, RE-INJURY

Pain is a normal part of the healing process and a way to monitor your recovery.

Rather than eliminating pain with pills, talk to your doctor about how to properly manage your pain through other safe practices.
You are in charge of your own health

- Know your options
- Use alternatives
- Ask your care provider questions before accepting a prescription
- If an opioid is required, use it for the shortest time possible
- Take time to heal but still stay involved with the team
OPIOIDS (SUCH AS HYDROCODONE, OXYCODONE, CODEINE AND MORPHINE) ARE NOT RIGHT FOR EVERYONE. THEY CAN HAVE SOME VERY SERIOUS SIDE EFFECTS. ASK YOUR HEALTH CARE PROVIDER THESE QUESTIONS BEFORE TAKING OPIOIDS.

- Why do I need this medication—is it right for me?
- How long should I take this medication?
- Are there non-opioid alternatives that could help with pain relief while I recover?
- How can I reduce the risk of potential side effects from this medication?
- What if I have a history of addiction with tobacco, alcohol or drugs?
- Could this treatment interact with my other medicine for anxiety, sleeping problems, or seizures?
- Can I share this medication with someone else? Why not?
- How should I store my opioid medication to prevent other people from taking it?
- What should I do with unused opioid medicine?
- Can I have an Rx for naloxone?
Safe Medication Practices

1. Only use prescription medications as directed by your healthcare professional.
2. Do NOT share your meds, or take someone else's.
3. Keep your meds safe, and out of someone else’s hands.
4. Model safe medication practices.
Safe Storage Tips

After being prescribed a prescription pain medication, consider the following medication storage options:

- Store your medication in the original container and out of sight.
- Keep medication in a **locked** container, drug-safe cabinet, or drawer, and out of the reach of children and pets.
- If you have leftover medication, it is important to safely dispose of any unused or remaining pills.
Safe Medication Disposal Options

1. Place them in a drug dropbox.
   - Visit rxdrugdropbox.org to find locations in your area.

2. Take advantage of community drug take-back programs that allow the public to bring unused medications to a central location for proper disposal.
   - Ask your pharmacist or local health department about drug take-back events or visit https://www.deadiversion.usdoj.gov/drug_disposal/takeback/

3. No dropbox or take-back program near you? Dispose of medications safely at home by:
   - **STEP 1**: Remove pills from bottle and mix them with undesirable substances such as kitty litter or coffee grounds.
   - **STEP 2**: Throw away the sealed mixture into the trash.
   - **STEP 3**: Remove the prescription label and dispose of the empty bottle.

4. Pick up a free disposal pouch at Goodwill Stores and Kroger Pharmacies in Montgomery County.

Brought to you by: GenerationRx
Safe medication practices for life.
How to say ‘NO’

Turn Down the Invitation to Misuse

Make a Joke
Nah, I’d rather sleep in my bed tonight instead of the cots in the police station...

Leave the Situation
Nah...hey, I need to run. I’ll see you later...

Simply Say “No”
No thanks, I know that I could get in serious trouble for taking those pills, and I have too much at stake right now.

Give a Reason
No thanks...coach will kick me off the team if I take those pills.

You want some of my _______?

Suggest an Alternative
Do you really think that’s a good idea? I’ve got a better idea! Let’s_______(insert alternative)...

Have fun by...enjoying your hobbies

Handle stress by...exercising, eating ice cream

Relax by...taking a nap, watching TV or a movie

Study smart by...meeting with your teacher

Deal with pain by...working with a trainer, resting

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CHECK YOURSELF AND YOUR TEAM MATES

Warning Signs: Recognizing When Someone Is In Danger

When it comes to the misuse or abuse of prescription pain medication, anyone can be at risk. It is an issue that affects all populations and it is important to recognize the warning signs when someone you know is in danger. Indicators include:

- Frequent physician visits
- Depression, anxiety, or post-traumatic stress disorder
- Aggressive behavior to obtain prescriptions
- Smoking or frequent abuse of alcohol
- Personal or family history of substance abuse
- Sharing medications
- Increasing dose without first discussing with a health care provider

If you think you or a loved one is misusing pain medications, there is help.

Helpline: 1-877-275-6364
Text Crisis Line: 4hope to 741741
CrisisCare: 937-224-4646
Dear Parent/Guardian and Athlete,

This information sheet is provided to assist you and your child in recognizing the risk of prescription opioid use and misuse in student athletes. Ohio is among the top states for opioid overdose deaths, and young people are more at risk of opioid misuse. To safeguard your child from the dangers of opioid misuse, it is critical to educate athletes, parents, and coaches about the risks of prescription opioids, address the culture of playing pain, and enable our athletes to recover and return to play without treatment leading to addiction.

WHAT ARE PRESCRIPTION OPIOIDS?
Opioids are powerful prescription narcotic medications used to treat pain which include Vicodin, OxyContin, Oxycodeone, Percocet, Fentanyl, and codeine. These drugs may lead to dependence, tolerance, accidental overdose, and death when misused, or taken long-term.
- 13% of students use a prescription medication over the age of 18.
- 80% of new heroin users start by misusing painkillers.

WHAT TO DO IF YOUR CHILD IS MISUSED?
- Visit non-narcotic forms of pain management as first-line treatment, NSAIDs and acetaminophen are often adequate.
- Physical therapy, massage, chiropractic
- Non-medical adjuncts such as heat, ice, stretching
- Enforce proper recovery time, do not encourage to play through injury.

HOW TO PROTECT YOUR CHILD IF THEY ARE PRESCRIBED OPIOIDS
- Discuss with healthcare provider about alternative pain management treatment.
- Ensure new prescribing rules are followed
- Sign a ‘Start Talking!’ consent form with provider.
- Use the Parent/Student Action Tool Kit.
- Schedule a 5-minute presentation for your team.
- Learn safe medication practices and how to keep medications secure.
- Explore the educational modules or schedule a presentation for your team.
- Contact Columbus, 614-844-0016.

IF YOU THINK YOUR CHILD HAS A PROBLEM
- If you suspect your child is using drugs or alcohol, get help.
- By intervening early, you can save them from the health and impairment consequences of substance use and potential addiction.
- Contact SAMHSA Crisis Hotline at 1-800-662-HELP for help.
OHSAA Policy on Drugs, Medicine and Food Supplements

Position Statement on Use of Drugs, Medicine and Food Supplements in Interscholastic Sports - National Federation of State High School Associations Endorsed by the Ohio High School Athletic Association Board of Control

School personnel and coaches should not dispense any drug, medication or food supplement except with extreme caution and in accordance with policies developed in consultation with parents, health care professional and senior administrative personnel of the school or school district.

Use of any drug, medication or food supplement in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes.
Want to Learn More?