

Teens in the Santa Ynez Valley are at Risk!

In a 2013 survey done in the Valley, 14 to 18 year old teens' perceptions of peer abuse of prescription drugs indicated that:

- 66% of teens think that they're peers are using prescription drugs to get high.
- 16% of teens did not think prescription drug abuse was harmful or didn't know if it was.
- 21% didn't think mixing alcohol with other drugs would increase the likelihood of addiction, or were "not sure".
- The kinds of prescription drugs used included any drug the teens could get or those that would help them relax.
- To have fun was the number one reason for using alcohol and other drugs, while peer pressure, stress and depression were all close seconds.
- The number one reason teens chose NOT to abuse alcohol and other drugs is because of the influence of their FAMILY!

**They won't know what you expect from them unless you talk with them!
It's never too early and it's never too late!**

Prescription Drug Disposal Sites in the Santa Ynez Valley



Solvang Sheriff's Substation
1745 Mission Drive
day or night

Buellton Sheriff's Substation
140 E. Hwy. 246
day or night

Buellton Medical Center
195 E. Hwy. 246
8:00 AM to 7:00 PM
Mon thru Thursday
8:00 AM to 5:00 PM Friday
8:00 AM to 2:00 PM Saturday

Residents can bring all types of unwanted medications, including prescription and over-the-counter drugs to drop boxes.

This brochure is made available by:
The Santa Ynez Valley Youth Coalition
syyouthcoalition.org

The Buellton Medical Center
buelltonmedicalcenter.com

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Underage Rx Drug Abuse: What Every Parent Should Know



Help Prevent Underage Rx Drug Abuse Today!

- ◆ Talk
- ◆ Safeguard
- ◆ Speak Up
- ◆ Get Involved





What Should You Be Looking For?

It is important that you know the signs and symptoms of prescription drug abuse:

- Loss of interest in appearance, sports or social activities
- Missing cash, valuables or medications
- Sudden mood changes
- Changes in friends
- Deceitful and secretive behavior
- Irregular schedule
- Sleeping excessively or at atypical times
- Noticeable increase in snoring

It is also important to monitor internet activity:

- Prescription drugs can be bought at 90% of Internet websites without a prescription
- 94% of websites do not have a verifiable pharmacist
- Approximately 50% of medications purchased online are counterfeit according to the World Health Organization.

Consider These Facts:

- People ages 12 to 25 have among the highest rates of prescription drug abuse.
- Parents and others often underestimate teens' abuse of prescription drugs.
- Teens most commonly abuse pain relievers (e.g. Oxycontin and Vicodin), stimulants (e.g. Ritalin and Adderall) and sedative tranquilizers (e.g. Valium and Xanax).
- It is surprisingly easy for teens to get prescription drugs; from their families' medicine cabinets, a friend's backpack or even in a schoolmate's locker.
- Teens combine prescription medications with alcohol, a dangerous mix. At "pharming" parties, they may dump a variety of drugs in a bowl and take them without knowing what they are.

*Substance Abuse and Mental Health Administration, Center for Substance Abuse Treatment. Pub SMA # 09-4446. www.samhsa.gov

Other Resources:

syvyouthcoalition.org
PreventRXAbuse.org
StopMedicineAbuse.org
Rxsafetymatters.org

What You Can Do!

Talk to your teen about prescription drug abuse. Teens listen, even if they act like they don't. In fact, teens who learn about the risks of prescription drugs from their parents are 50% less likely to use them.

Safeguard your medicine cabinets. Know what you have and how much. Discard any prescription (and over-the-counter) medicines you no longer need.

Speak Up at school meetings, sports events community events, social media platforms, write a letter to the editor to educate others about the harms of prescription drug abuse.

Get Involved

Contact the SYV Youth Coalition for other ways you can safeguard your children.



More teens are entering Emergency Rooms for prescription drug overdoses than for alcohol and other drugs combined.