

Signs of an Overdose

- ◆ Face is extremely pale and/or clammy to the touch
- ◆ Body is limp
- ◆ Fingernails or lips have a blue or purple cast
- ◆ Person is vomiting or making gurgling noises
- ◆ Cannot be awakened from sleep or is unable to speak
- ◆ Breathing is slow or stopped
- ◆ Heartbeat is very slow or stopped

If You Suspect an Overdose

Call 911 IMMEDIATELY!

- ◆ **All you have to say is, "Someone is unresponsive and not breathing."**
- ◆ **Give clear directions about your location.**

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

Valley Teens Tell Us

In a 2013 survey, 14 to 18 year old teens indicated that:

- ◆ 66% of teens believe their peers use prescription drugs to get high.
- ◆ 16% of teens didn't think prescription drug abuse was harmful or didn't know if it was.
- ◆ 21% of teens 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

For more information visit:
SYV Youth Coalition website at syvyouthcoalition.org,
Or visit the Coalition on Facebook.

Teen Opioid Abuse in the Santa Ynez Valley:

Safety Advice for Parents & Friends



Know What to Do

Know When to Do It

Know How to Save a Life



The Nature of the Problem

Rx

Teens in the Santa Ynez Valley are abusing prescription drugs, a very dangerous

tightrope to walk. Teens can become addicted to opioids quickly, even those without a family history of substance abuse.

Parents are more often more focused on other obvious forms of teen substance abuse, such as alcohol and marijuana, and can easily miss the signs and symptoms of opioid abuse.

Prevention is the safety net and parents need to know the facts!

**Lock up you prescriptions!
Dispose of unwanted RX
bottles at our local Sheriff's
Substations and Buellton
Medical Center**

What Are Opioids?

Opioids include drugs such as heroin and prescription medications used to treat pain such as morphine, codeine, methadone, oxycodone, (Oxycontin, Percodan, Percoset), hydrocodone (Vicodin, Lortab, Norco), fentanyl (Duragesic, Fentora), hydromorphone (Dilaudid, Exalgo), and buprenorphine (Suboxone).

Opioids work by minimizing the body's perception of pain. Stimulating the opioid receptors or "reward centers" in the brain can also trigger other symptoms in the body, such as those responsible for regulating mood, breathing and blood pressure.

A variety of effects can occur after a person takes opioids, ranging from pleasure to nausea, vomiting, severe allergic reactions (anaphylaxis) to overdose, in which breathing and heartbeat either slow or stop.

Overdose occurs when opioids are taken incorrectly or misused. Also at risk are those who take opioid medications prescribed to someone else, as is the individual who combines opioids with alcohol, certain other medications and even some over-the-counter products that depress breathing, heart rate and other functions of the central nervous system.



What is "Pharming"?

We're talking about a very dangerous recreational activity in which teens are involved. A "Pharm" party is happening when teens bring the various prescription pills they have found at home, in grandma's medicine cabinet or at a friend's house. to a party.

The "fun" comes from throwing them in a collection bowl and helping themselves to a handful. The expected "high" can easily turn into an overdose and a trip to the ER, or possible death.



**"Pharming" We're not talking
about growing crops.**

Pharming is swallowing trouble since no one knows what the pills are, what they do, how they interact with alcohol and other drugs, or if the teen is allergic to any of the chemical ingredients.