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Adolescent Prescription Drug Abuse: An Overview of Current Data

Item Type	Presentation
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Download date	2026-05-13 01:30:01
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Link to Item	https://hdl.handle.net/20.500.14849/9871

Adolescent Prescription Drug Abuse

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Adolescent Prescription Drug Abuse

- Is this a problem? How do we find out?
- Which drugs are problematic and why?
- How can we address the problem?

Is Prescription Drug Abuse a Problem in Adolescents?

- 24% of teens report using prescription drugs to get high
- 31% of teens believe there is “nothing wrong” with using Rx drugs “once in a while”
- 40% of teens believe Rx drugs are “much safer” than illegal drugs

Is Prescription Drug Abuse a Problem in Adolescents

- Almost 30% of teens believe Rx analgesics are not addictive
- Every day 2500 teens use Rx drugs to get high for the first time
- 60% of teens who have abused painkillers did so before age 15

Is Prescription Drug Abuse a Problem in Adolescents

- Approximately 1/3 of parents believe stimulants improve school performance even if NOT diagnosed with ADHD
- Rx abuse killing more kids than any other drugs of abuse



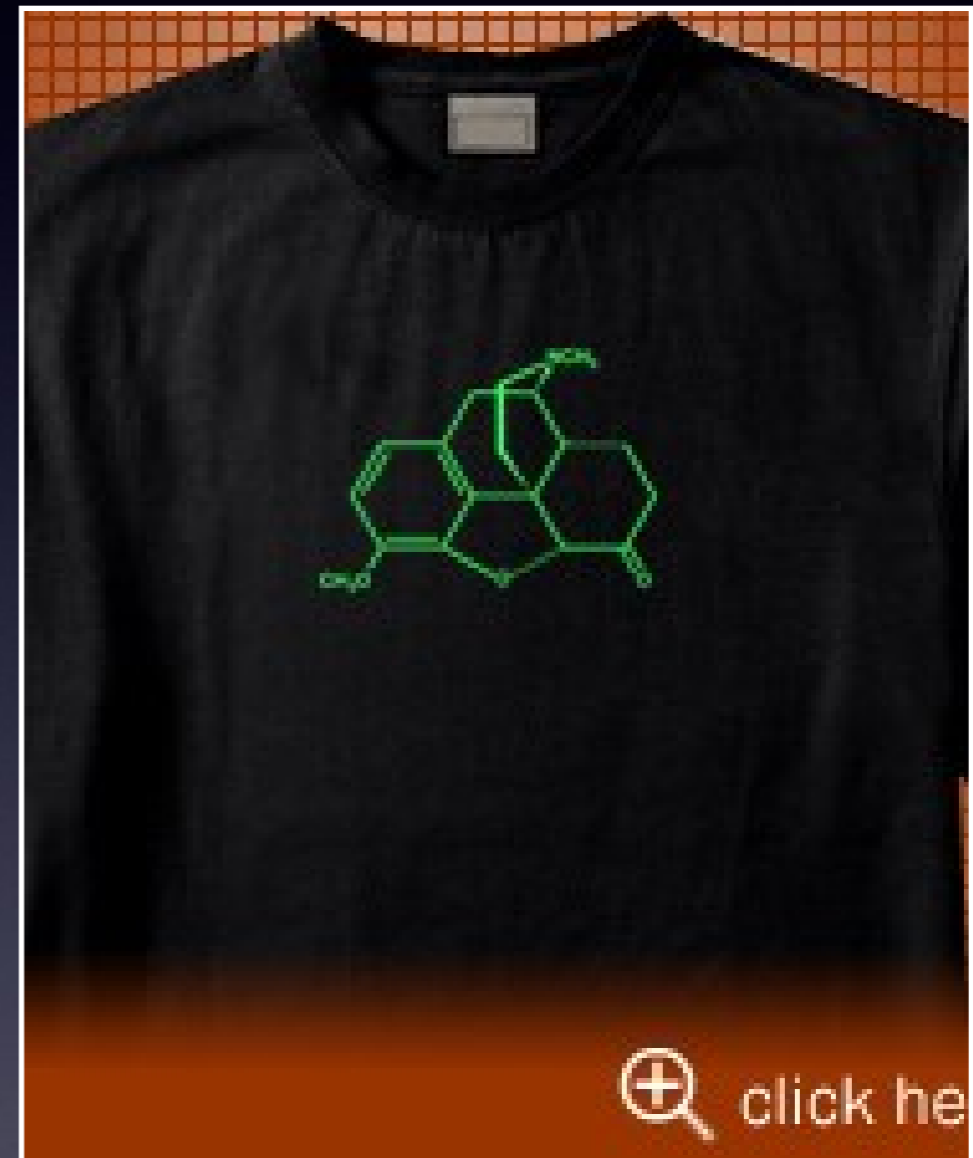
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Which Drugs are Problematic and Why?

- Opiates (U.S.: 4% world population; 80% world opiates)
- Stimulants
- Benzodiazepines
- Mixing- party bowls/"trail mix", THC, etc
- Methamphetamine (prescription-related)

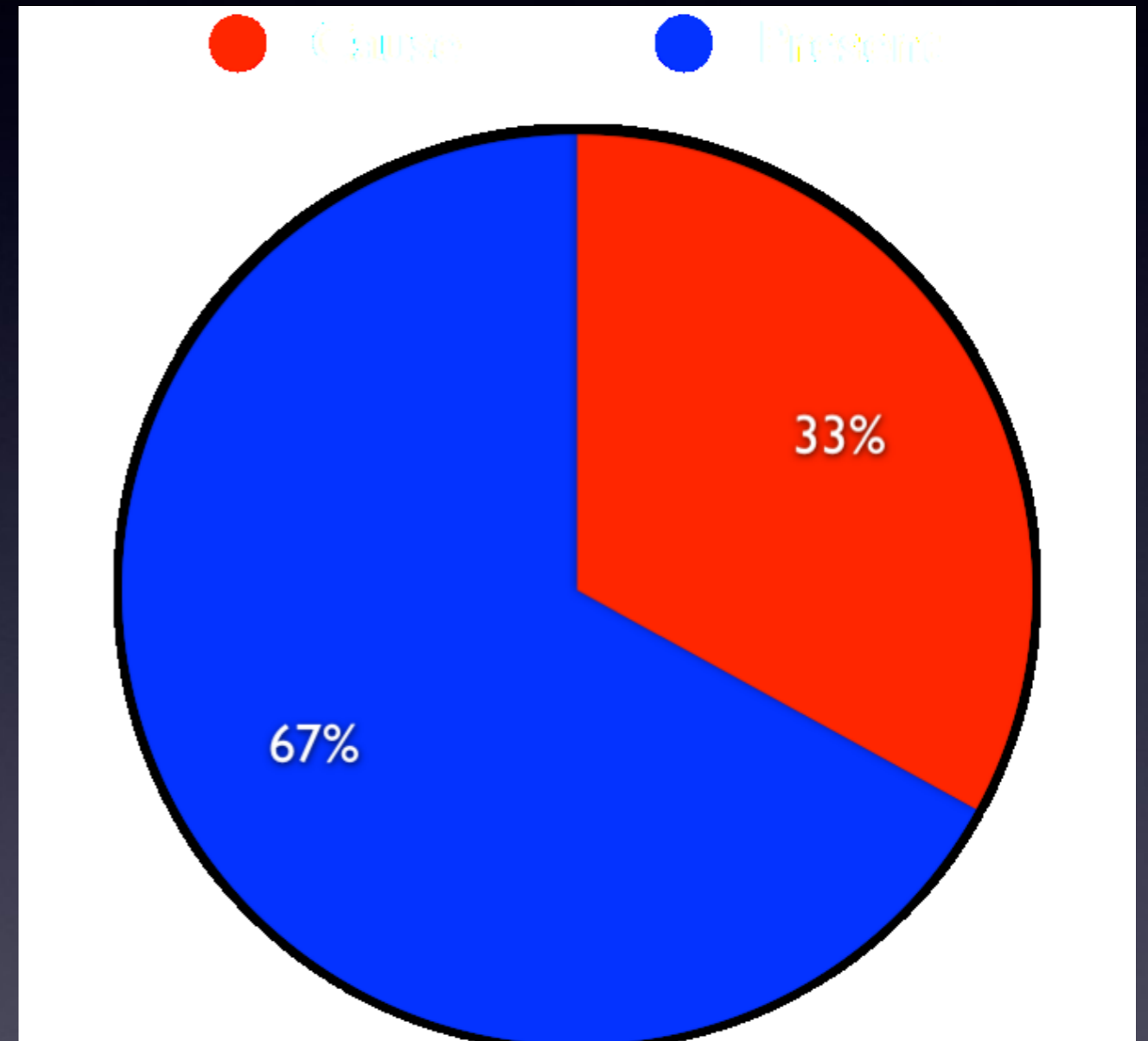
Opioid Analgesics

- Hydrocodone
 - Most prescribed drug in the United States
 - <5% of world population; consume 99% of hydrocodone
 - Common path:
Hydrocodone leads to oxycodone leads to heroin



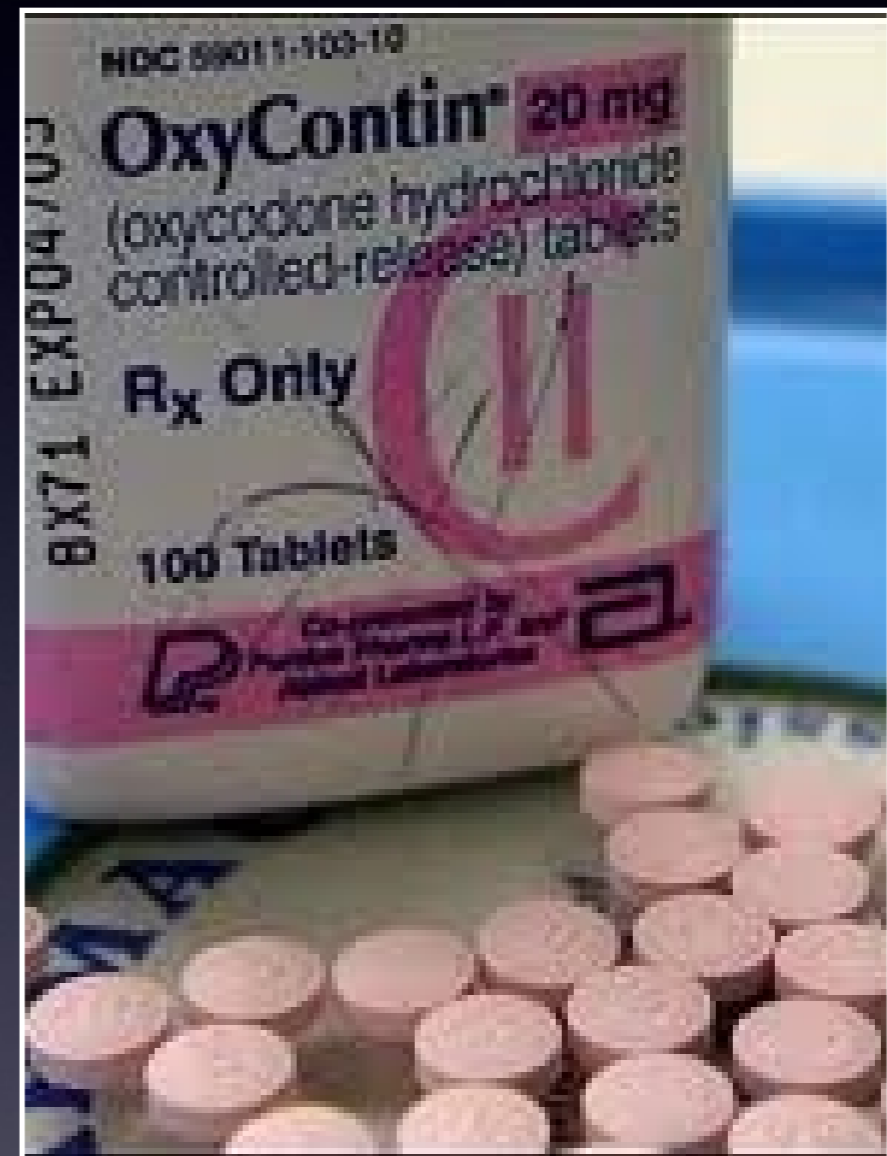
Drugs detected at death

- Hydrocodone



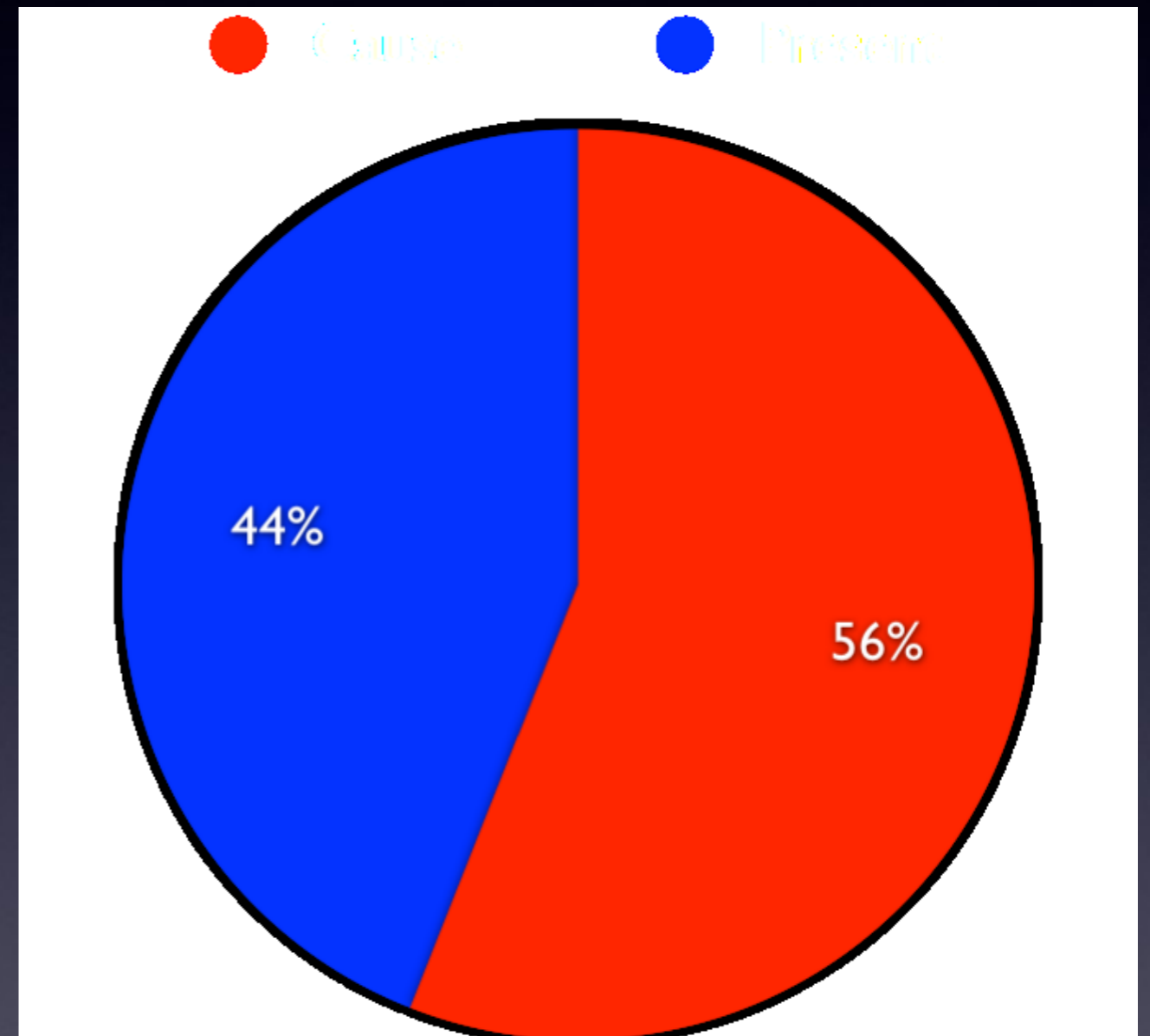
Opioid Analgesics

- Oxycodone
 - Short / Long-acting
 - Formulation changes
 - Heroin cheaper



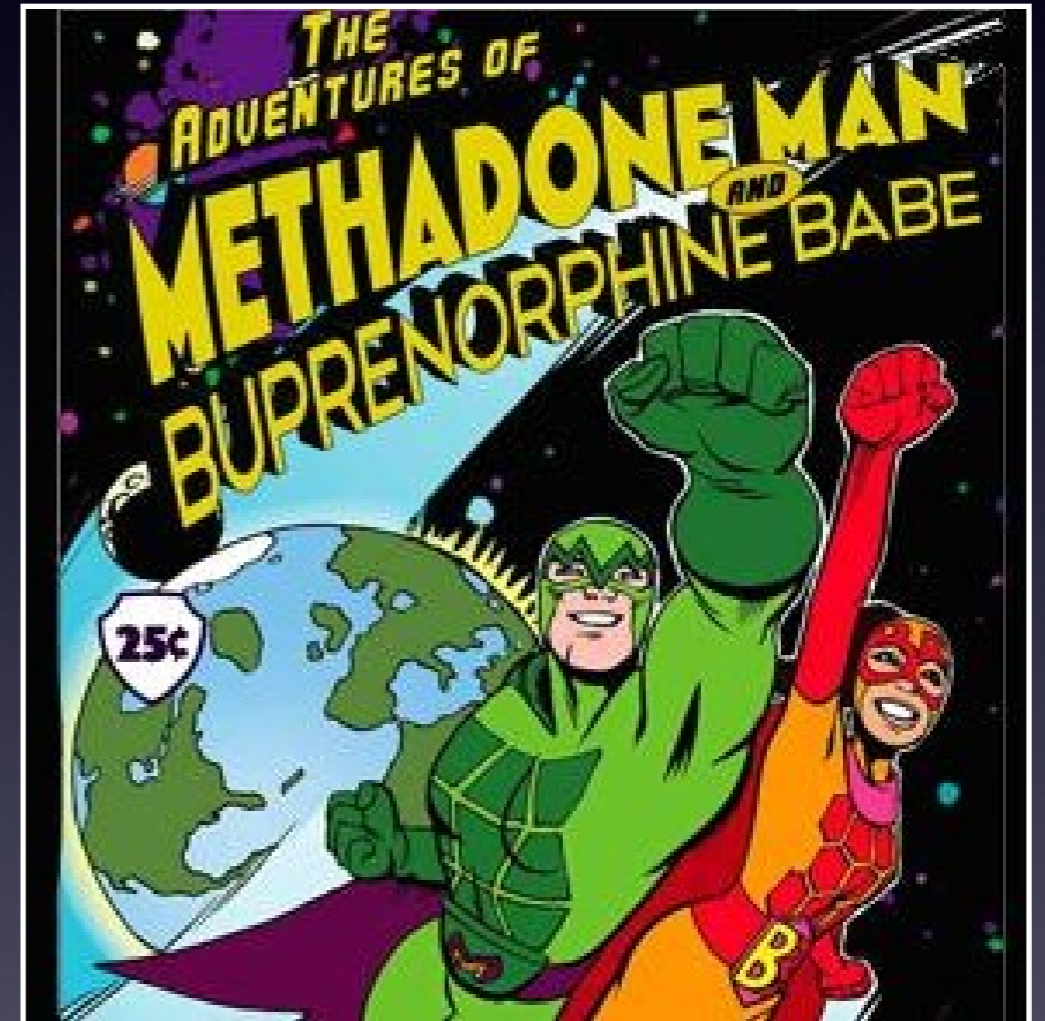
Drugs detected at death

- Oxycodone



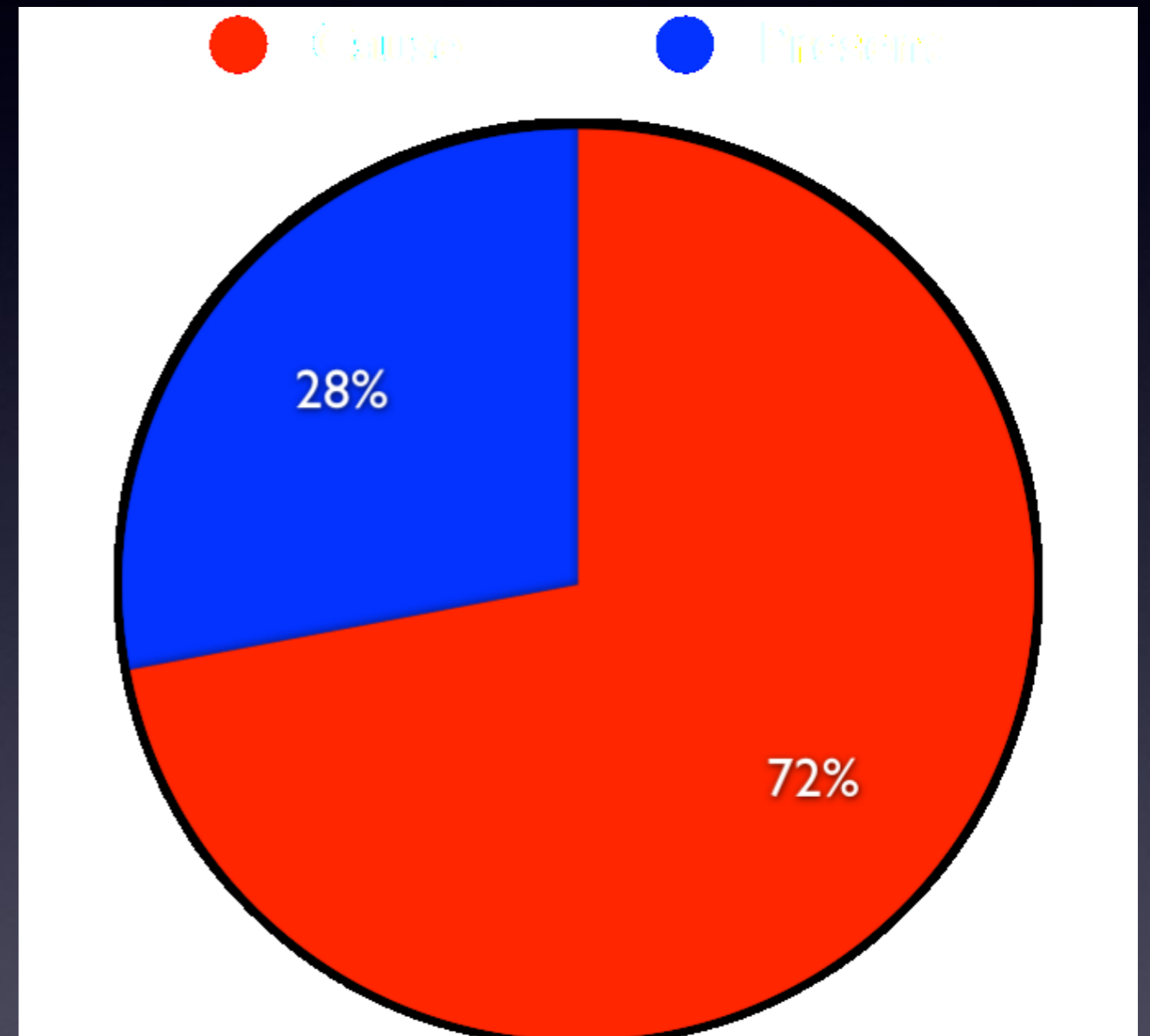
Methadone

- Long-acting / Additive Effects
- 4+ million rx's for pain in 2009
- 1999-2004: fourfold increase in methadone-related overdose deaths
- Heroin is cheaper



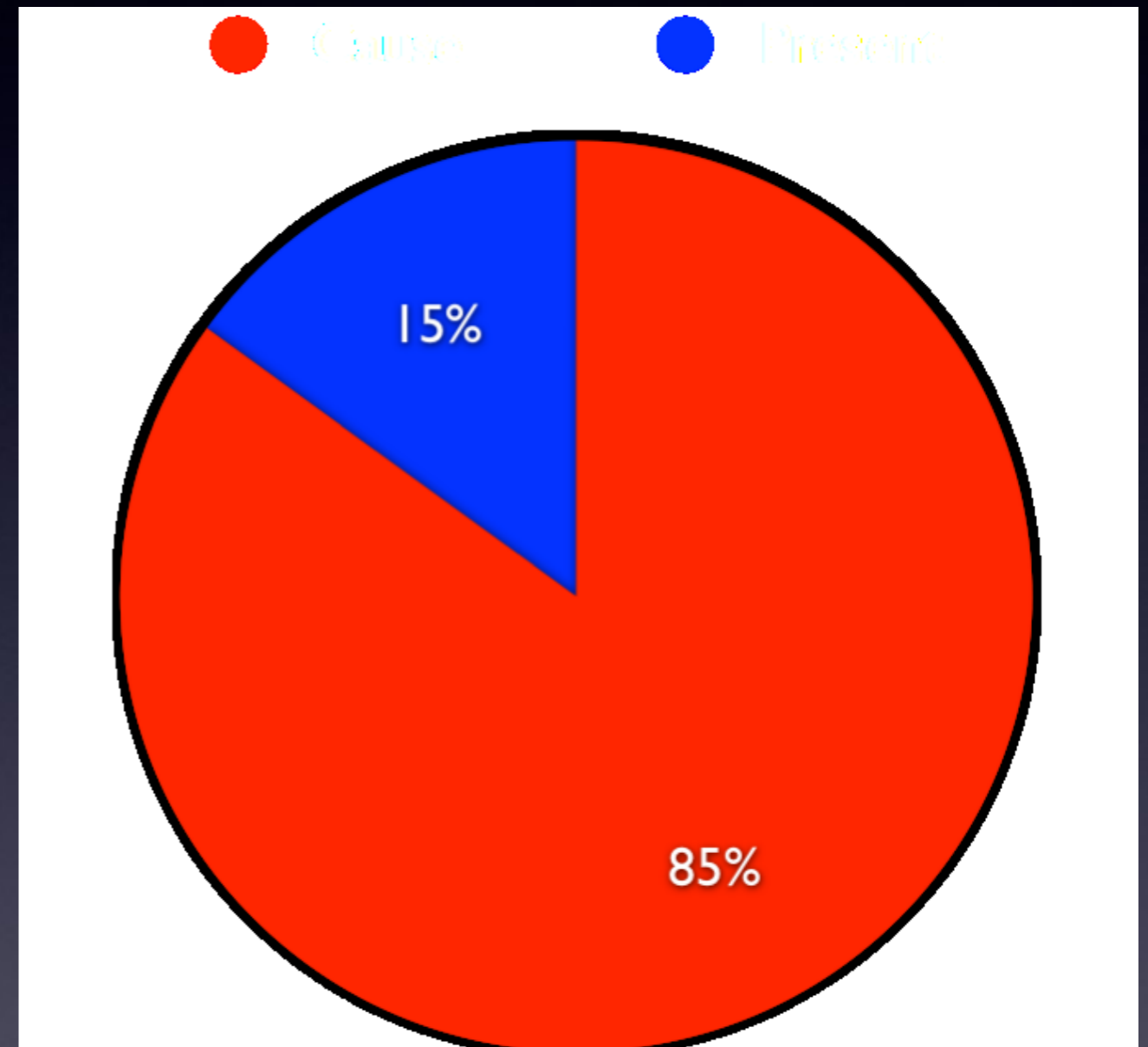
Drugs detected at death

- Methadone



Drugs detected at death

- Heroin



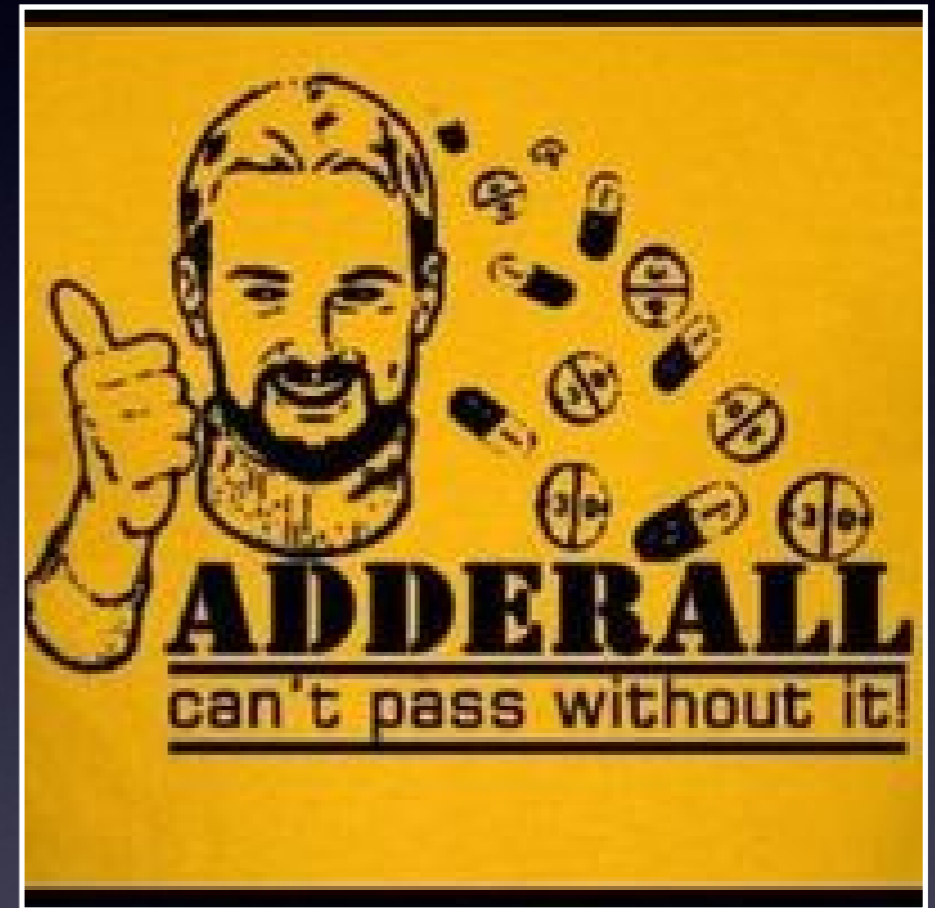


Portland
Oregon

OLD TOWN

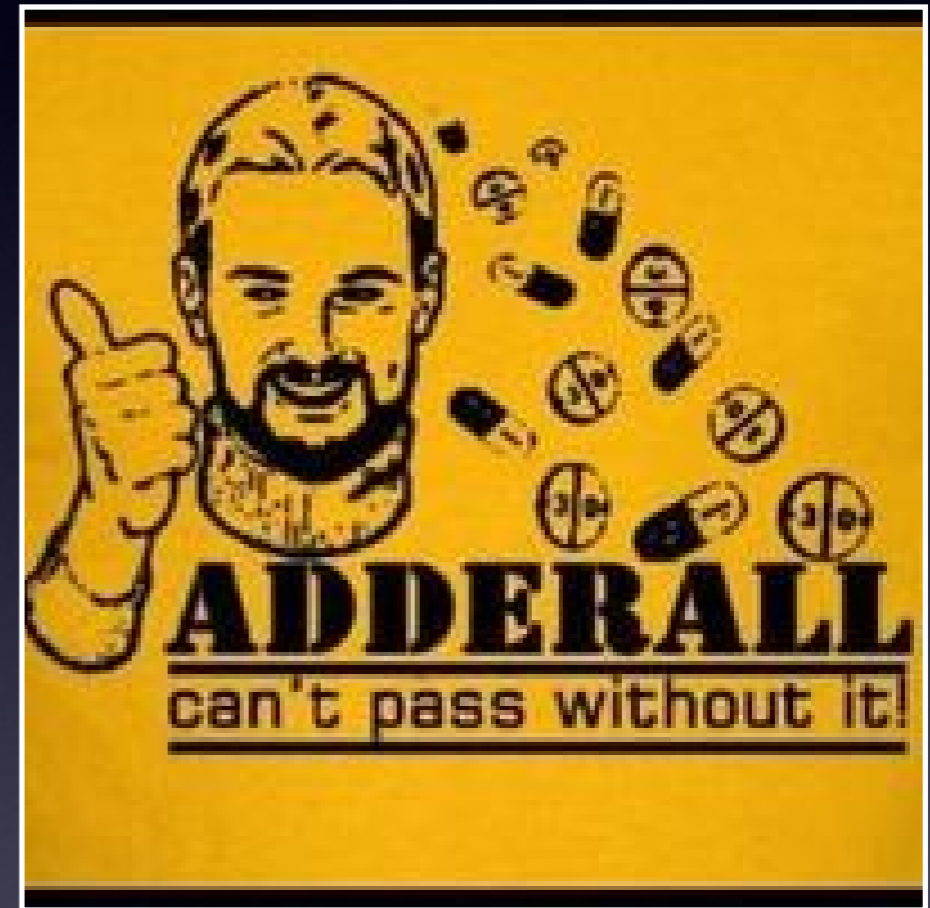
Stimulants

- Amphetamine-containing more popular than methylphenidate
- Co-administer with ethanol
- Not a new issue, but more available (diversion)



Stimulants

- 1 in 8 teens (2.7 million) report using stimulants at least once
- 9% report using in last year, 6% in last month (both 50% increase since 2008)
- 26% believe stimulants can be used as study aid





How Can We Address the Problem?

- Educate parents: possibilities, secure meds
- Educate young people
- Identify at risk, use/abuse, addiction
- Address supply
- Treatment

Parents

- Awareness: educational forums/materials, counsel on visits
- Only 14-16% discussed Rx abuse with kids
- 56% of abused drugs came from medicine cabinet of family



She gets her hair from her mom.
Her eyes from her dad.
And her drugs from her grandma's medicine cabinet.

70% of children who abuse prescription drugs get them from family or friends. Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

BE AWARE. DON'T SHARE.
For more information, go to www.lockyourmeds.org.

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Parents

- Control Access
 - Secure home medications
 - Medication disposal
 - Take-Backs



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Young People

- Educate like voting: early and often
- Health maintenance, sports physicals, acute visits, etc
- Factors to discuss: effects on performance, COST, etc

Young People

- Identify at risk patients:
 - Much of current research based on treatment intake questionnaires
 - Comorbid mental illness, family history, social stressors

Programs for Young People

- Lincoln County Youth Film Program (2004-)
- High School film students produce PSA spots
- <http://vimeo.com/search?q=lincoln+county+youth+film>
- Wake Up! Program
<http://www.wakeupnow.org>

Supply

- Prescription Drug Monitoring Programs (PDMP)
 - 49/50 states have or developing (Missouri?)
 - Vermont:
<http://healthvermont.gov/adap/Vpms.aspx>
- Educate ourselves: pain management is evolving

What about Tamper-resistant medications?

- OxyContin
 - Resists crushing, dissolving, snorting, injecting, smoking
- Mixed results
 - Forums show theories for work around
 - Go to heroin

CROSSROADS
MOTEL

CROSSROADS
CENTRAL
MOTEL

CROSSROADS
MOTEL





Methamphetamine

- Not a prescription drug?
- Labs in homes, bottles, etc (toxic environment)
- Requires pseudoephedrine to make most common form

Pseudoephedrine

2010: U.S. spent \$600 million on drug, at least 2x allergy sufferers' "need" (better choices readily available)

- Oregon: 2006 Rx-only law (96% drop in labs*). Mississippi followed.
- Mexico: 2007 outlawed pseudoephedrine (switch to phenyl-2-propanone, but harder to get/less potent)

Adolescent Prescription Drug Abuse

- It is a potentially deadly problem (especially opiates)
- Multiple drugs / combinations are of concern
- Address the issue at multiple levels
 - Parents
 - Adolescents
 - Medical professionals
 - Community

A large steel arch bridge spans across a wide body of water. The bridge features a prominent central arch and smaller arches on either side, supported by tall, slender piers. The sun is setting behind the bridge, creating a warm, golden glow that reflects on the water's surface. The sky is a mix of soft pinks, oranges, and blues, with some light clouds. The overall scene is serene and captures a beautiful moment of natural light. The text "Thank You" is centered in the lower half of the image in a white, elegant serif font.

Thank You

Sources

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