

**Heroin Facts Presentation Follow Up**  
**Must Knows**  
**Things to think about . . .**

Thank you to everyone who came out to learn more about the heroin epidemic that is encroaching on our community and kids. Below is some related thoughts and information regarding what is often the precursor to heroin use and addiction.

1. Prescription drug abuse is on the rise and we need to know the facts. Oxycodone is frequently being prescribed to our kids for having their wisdom teeth out, or other pain management that could possibly be managed with non-narcotics, lower doses or fewer pills. Doctors write out more than six million prescriptions for it a year. Ask your doctor or dentist about other options. Oxycodone is directly related to heroin, both substances are opioids, both have the same effect on the brain, both are highly addictive and both can quickly and easily be overdosed on by users

Oxycodone is a time-released drug, but teens want to bypass the time-release function and use the drug to get an immediate "high" or "brain rush". Some teens simply chew and swallow it. Others crush it and mix it into their drinks. Still others crush it and then breathe (snort\_ it into their bodies or add water and inject it with a syringe. These ways of using oxycodone can cause death.

When a person tries to stop using oxycodone on their own, they will often get so sick they have to stay in bed. One boy described the head pain like "someone is taking a hammer to the inside of your head." Other symptoms are vomiting, diarrhea, tiredness, chills alternating with cold sweats, heart palpitations, muscle and joint pain, coughing, insomnia, yawning, depression, and watery eyes. The symptoms are so bad that many go back to using. Some switch to heroin, because it is much cheaper (about \$5 a dose)

2. If your child is prescribed a pain medication you, the parent, should monitor their intake, keep the drugs locked up and stop medicating as soon as they can tolerate.

3. Teach your kids to NEVER take a prescription drug (or even OTC drugs) from anyone or offer their prescription drug to anyone. This is dangerous and also considered drug dealing which carries harsh legal penalties.

4. Use pill drops to discard old or unused medications promptly. MPD will be holding their bi-annual pill drop on April 28th at the Municipal Building. There is a permanent med drop box at the Middleton Police Department.

5. Monitor and lock up all medications, even the OTC.

6. Parents must set an example. We live in a society in which pharmaceuticals are available for every ailment. Use OTC medications

sparingly and only for the purposes they are intended. If you are not in need of OCT discard them safely.

7. Educate yourself and ask questions, much has changed over the years. We know more about brain development and the drugs of today are different from those when we were growing up. Even marijuana, the THC level was below 1%, now it is anywhere from 3 - 45% THC levels. Marijuana is now found to be physically addictive and having a much greater adverse affect on users. Some great websites are:

[www.teenoverthecounterdrugabuse.com](http://www.teenoverthecounterdrugabuse.com)

[www.health.org](http://www.health.org)

[www.drugfree.org](http://www.drugfree.org)

Also visit the MAJIC website for more information and resources.

8. Discuss, discuss, discuss with your kids the dangers of their choices at an early age. Because of how addictive prescription drugs are... once someone **starts** it is extremely difficult to **stop**. Learn how to talk to your children at different stages of their development from pre-school through high school at [www.theantidrug.com/ei/advice\\_families.asp](http://www.theantidrug.com/ei/advice_families.asp). Practice with a friend or family member, share ideas of different approaches.

Resources for help:

UW- Adolescent Alcohol/Drug Abuse Intervention Program

122 Olin Ave Ste 275

Madison, WI 53713

608-262-1111

FREE: comprehensive alcohol/other drug assessment

Connections Counseling

1334 Applegate Rd Ste 101

Madison, WI 53713

608-221-1500

Gateway Recovery

Substance Abuse Services

25 Kessel Court Suite 200

Madison WI 53711

Phone: (608) 278-8200

Youth Services of Southern Wisconsin - Briarpatch

1955 Atwood Ave

Madison, WI 53704

608-251-1126 (24 hour crisis hotline)

Parents Toll-Free Helpline

(1-855-DRUGFREE) which connects you to a licensed social worker who will listen, offer support and help make a plan you