

The Pharm Party—This Ain't No Hayride.
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“Pharming”

Taking Rx & OTC drugs from home for recreational use

Keeping it in the Family

Pharm Parties / BYOP

Party!!! Admission: Rx & OTC pills

“Trail Mix” recipe: mix Rx pills in a bowl/bag. Swallow. Alcohol optional.

Enjoy the unknown experience. See what happens.

Pharm Parties: Fact or Urban Myth?

Myth from the 1960's drug heyday. “Fruit salad” parties

Media invented? Reports since 2002

Few Facebook groups & members Few police reports

Fact or Myth? Teens are dying

July 26, 2010 – Nixa, MO, a town in SW part of the state

Senior Football Player – Austin Lee Edwards is pronounced dead just 24 hours before what should have been the first practice of his senior football season.

Cause of Death? An overdose of oxycodone

One in five high schoolers has abused a prescription drug.

Pharm Parties: a new name for an old tradition of pill parties Not a new trend

Eye to Eye with Katie Couric “Prescription Drug Abuse”

<http://www.youtube.com/watch?v=YqWaf9DMFOc&NR=1&feature=fvwp>

FACTS:

In 2008, youth aged 12-17

7.7% abused Rx drugs 6.5% abused Rx pain meds 10% abused cough medicine

EVERY DAY: an average of 2,000-2,500 teens abuse a Rx drug for the first time

How Young Adults Obtain Prescription Pain Relievers

The National Survey on Drug Use and Health (NSDUH) asks persons aged 12 or older questions related to their nonmedical use of Rx-type drugs, including Rx pain relievers, during the past year.

Why Rx abuse?

To get high

To relieve stress & relax

To improve academic performance

When there IS a party...

Rx drugs are often involved

Rx drugs are easier to get than alcohol or marijuana.

Reasons Teens Use Rx Pain Relievers: (PATS Attitude Tracking Survey 2005)

Easy to get from parents medicine cabinets	62%	Available everywhere	52%
Are not illegal drugs	51%	Easy to get (from other people's Rx)	50%
Are cheap	43%	Safer to use than illegal drugs	35%
Less shame attached to using	33%	Easy to purchase over internet	32%
Fewer side effects than street drugs	32%	Can be used as study aids	25%
Parents don't care as much if you get caught	21%	Can claim to have Rx if caught	9%

Frightening Stats:

- 1 in 5 teens has tried Vicodin - *hydrocodone and acetaminophen*
- 1 in 10 has tried OxyContin - *Opioid painkiller*
- 1 in 10 has used Ritalin/Adderol for non-medical purposes - *Ritalin's can produce effects similar to cocaine.*
- 1 in 11 teens has gotten high on cough medicine

Teen drug abuse is tied to 2 basic urges:

- The desire to experiment to feel good and fit in with the crowd.
- The intention to self-medicate to help deal with sources of stress:
 - School
 - Relationships
 - Conflicts with friends or family

Among Teens, untreated mental illness is a MAJOR risk factor for drug and alcohol abuse.

- 50% of all lifetime mental health disorders start by age 14.**
- Substance abuse disorders are associated with 6.2 times greater than average risk of suicide attempts.
- Support routine mental health checkups for teens!

Rx Drug Abuse Among Teens is increasing today due to:

- Awareness
- Availability
- Pervasive Rx & OTC advertising across all forms of media
- Old, unused meds
- Steal from family, friends
- OTCs
- Ask your doctor
- Internet

Availability

- OTC drugs are casually used until we feel better
- Parents' casual attitudes about Rx & May misuse Rx themselves.
- Don't keep track of meds
- Personal meds
- Keep old meds for "a rainy day"
- Children's meds

Internet: Lots of useful information, but...one can learn:

- How to abuse Rx meds
- Easy for teens to purchase narcotics or sedatives
- No need for an Rx
- >95% Internet search results yield illicit websites offering unapproved & potentially counterfeit medicine w/o Rx
- Products sold on rogue websites may be ineffective, substandard, or unapproved.
- What kinds of cough syrups to buy, how much to take, how to extract DXM
- Enter "no prescription Vicodin" in web search bar

Pain Medications

- Abused by teens more than another Rx med
- Medically used to** treat moderate-to-severe pain
- Abused by teens to** feel pleasure or sensations of well-being
- Dangerous because:** highly addictive, tolerance develops, withdrawal occurs
- Overdose or with other Rx or OTC: ↓ breathing, possible death
- If crushed & snorted: enters system at once
- Emg. Rm. visits tripled since 2000
- Vicodin* *OxyContin* *Percocet* - oxycodone and acetaminophen *Codeine*
- High doses cause liver damage

Pain Med Abuse

- Fentanyl** (a pain control patch)—Roll and smoke for a nearly instant high
- Tramadol** (Tylenol-based pain med)—long lasting tabs ↑ danger
- Tylenol 3** contains codeine

Stimulants

- Amphetamines ↑ BP, HR, & breathing, ↓ appetite & sleep
- Medically used to** treat ADHD, narcolepsy, and obesity
- Abused by teens to** feel alert, focused, and full of energy; manage stress. To lose weight.
- Dangerous because:** can be addictive
- High doses in short time → hostility, paranoia
- Combined with OTC decongestants → dangerous BP, arrhythmias
- Ritalin* *Adderall* *Desedrine* *Meridia*

Sedatives & Tranquilizers

Produce drowsy or calming effect, may induce sleep

Valium *Xanax* *Ambien* *Luenesta*

Medically used to treat anxiety, severe stress, panic attacks, and insomnia

Abused by teens to feel calm and sleepy, less tense or anxious. (Reduces with tolerance.)

Dangerous because: can be addictive When stopped, seizures & withdrawal can occur
Deadly combined with Rx pain meds, alcohol or OTC cold & allergy drugs

OTC Drugs

Cough medicine (dextromethorphan--DXM)

Causes a high when taken in excess, especially with alcohol

Syrups, tablets, capsules, & lozenges

Coricidin cough & cold tablets *Contac cold & flu products* *Theraflu products*

Robitussin cough products *Tylenol cold products*

Medically used to treat colds & coughs

Abused by teens to feel DXM's effects:

euphoria enhanced awareness distorted sounds/colors

visual hallucinations out-of-body sensations

Dangerous because physical effects include:

↑HR & BP, seizures, panic, confusion, coma

Worse side effects with other OTCs, alcohol or illegal drugs

Warning Signs of Rx/OTC Abuse:

Visits to pro-drug Internet sites Possess Rx/OTC meds w/o illness Declining grades
Loss of interest in hobbies/activities Extreme irritability Personality changes
Unexplained disappearance of Rx from medicine cabinet Change in friends, appearance, & behavior
Disrupted eating or sleeping habits

Preventing Rx Drug Abuse

1. Safeguard all drugs at home
 - **MONITOR**
Know how many pills are in each Rx bottle
Keep track of refills
Control teen's Rx & monitor dosage & refills
 - **SECURE**
Keep in locked cabinet
Tell relatives & grandparents to lock Rx meds
 - **DISPOSE**
Mix with undesirable substance (coffee grounds, kitty litter or dirty diaper) & discard
2. Set clear rules for all drug use
3. Be a good role model
4. Properly conceal and dispose of old/unneeded medicines
5. Ask friends & parents of teen's friends to safeguard their Rx drugs

Strategies for Parents:

Be your teen's greatest fan Set curfews & enforce them
Encourage involvement in supervised activities Know your teen's friends and their parents
NO use of alcohol, tobacco & other drugs Stay involved in your teen's life
Give teen tools to get out of drug-related situations (s/he can use parent as an excuse)

Start a Conversation

Talk when your child is not high and you are calm.
Express your love and desire for your child's safety and well-being.
Be as neutral & non-judgmental as possible.
Tell your child the signs you've noticed.
Don't accuse. LISTEN! LISTEN! LISTEN!

Need Help? Get Help!

Partnership for a Drug-Free America www.drugfree.org

Substance Abuse & Mental Health Services Adm. (SAMHSA) www.samhsa.gov

SAMSHA's National Clearinghouse for Alcohol & Drug Information

(NCADI) <http://ncadi.samhsa.gov> or 1-800-729-6686

SAMSHA's Center on Substance Abuse Treatment (CSAT) www.csat.samhsa.gov or 1-800-662-HELP

National Institute on Drug Abuse (NIDA) www.drugabuse.gov

National Institute of Mental Health (NIMH) www.nimh.nih.gov

Stop Medicine Abuse www.stopmedicineabuse.org

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