



Prevention Treatment and Outreach NATIONAL GUARD

WEST VIRGINIA NATIONAL GUARD

PRESCRIPTION DRUG ABUSE

According to the Office of National Drug Control Policy (ONDCP), abuse of prescription drugs to get high has become increasingly prevalent among teens and young adults. This past year's abuse of prescription pain killers now ranks second—only behind marijuana—as the Nation's most prevalent illegal drug problem.

Data from the National Survey on Drug Use and Health (NSDUH) shows that nearly one-third of people 12 years and older who used drugs for the first time in 2009 began by improperly using a prescription drug. The survey also found that over 70 percent who abused prescription pain relievers got them from friends or relatives. In addition, illicit drug use in the military has increased from 5 percent to 12 percent among service members over a three-year period.



ONDCP reports that there are three classes of prescription drugs that are most commonly abused: First, opioids such as codeine, oxycodone, and morphine. These drugs are often prescribed to treat pain. Second, central nervous system (CNS) depressants such as barbiturates and benzodiazepines. This class of drugs are used to treat anxiety and sleep disorders. Finally, stimulants such as dextroamphetamine and methylphenidate. Stimulants are prescribed to treat the sleep disorder narcolepsy, and attention-deficit hyperactivity disorder (ADHD).

It is important to remember that just because prescription drugs are FDA-approved, this does not mean they are less dangerous when abused than illegal drugs. Just because a doctor prescribes a drug does not make it safe. Because each of our bodies function differently, taking medication without doctor consultation can be harmful and even deadly.

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As a military members we must remember that the illegal use of Prescription drugs or any drug goes against our Values. It is **illegal** to possess or use medication without a prescription and it is **illegal** to give your prescription to another individual regardless of their apparent need.

Know The Warning Signs

Please take note of the **signs** and be cautious of your surroundings, it could save a life.

- Constantly "losing" prescriptions, so more prescriptions must be written.
- Seeking prescriptions from more than one doctor.
- Taking higher doses despite warnings.
- Stealing, forging or selling prescriptions
- Excessive mood swings.

Play It Safe

Use prescription drugs safely:

- Always follow directions.
- Don't increase or decrease doses without talking with your doctor.
- Don't stop taking medication on your own.
- Don't crush or break pills unless directed by a physician.
- Be clear about the drug's effects on driving and other daily tasks.
- Learn about the drug's potential interactions with alcohol, other prescription medicines and over-the-counter medicines.
- Inform your doctor about your past history of substance abuse.
- Don't use other people's prescription medications and don't share yours.

Lock It Up

- Keep your prescription drugs locked up and out of eyesight of your children.
- Keep quiet about the medications you are on.
- Dispose of prescription drugs in safe and recommended manners.



If you or someone you know would like more information or is in need of help,

please contact the Prevention, Treatment and Outreach Office at 304-201-3102 or email jessica.f.cunningham@us.army.mil.

Office of National Drug Control Policy
Prescription Drug Abuse Prevention
http://www.whitehousedrugpolicy.gov/drugfact/prescr_drg_abuse.html

How to Secure Your Prescription Drugs from your Teenagers Possible Use and Prevent Them from Selling Them.
<http://information.hairconfirm.com/drug-testing-for-a-drug-free-home/how-to-secure-your-prescription-drugs-from-your-teenagers>

Proper Disposal of Prescription Drugs

Federal Guidelines:

Do Not Flush prescription drugs down the toilet or drain unless the label or accompanying patient information instructs you to do so.

Take advantage of the **Community Drug Take-Back** program to dispose of prescription drugs not labeled to be flushed.

If a collection program is not available:

Take prescription drugs out of their original containers.

Mix drugs with an undesirable substance (e.g. cat litter or used coffee grounds).

Put mixture into a disposable container with lid (e.g. empty margarine tub, sealable bag).

Conceal containers or remove any personal info including RX number.

Place the sealed container with mixture and the empty drug containers in the trash.

The National Suicide Prevention Lifeline is a 24-hour, toll free, suicide prevention service available to anyone in the Military, National Guard, or Veteran with a suicidal crisis. If you need help, please dial 1-800-273-TALK (8255). When prompted, press option 1 to connect to a VA staffed Crisis Center. Your call will be routed to the nearest Crisis Center in your area or you may call 1-800-923-HELP.

The Youth Drug and Suicide Line is 1-877-553-TEEN.

Prevention for WV National Guard Youth

Kids Kamp and Youth Leaders Camp

*Tech. Sgt. Christina Hammack
WV National Guard
Substance Abuse Prevention Program*

When summer approaches, Virginia youth are eager to fill their ties. We all remember those days... time for video games and bed time when the initial thrill wears off, what



school is out and our West Vir- time with extracurricular activi- the pool is open, there is more seems to get later and later. But is there to do?

Unfortunately, when there isn't an abundance of positive activities, our youth too often fall victims to very negative influences. They may turn to drugs or alcohol to have a "good time". When the WV National Guard started Youth Leaders Camp and Kids Kamp, the idea of sustaining a positive, drug-free at- mosphere was a driving force; along with creating two camps that would promote leadership, discipline, safety, and healthy life-styles.



If you have never experienced either of the two camps, which take place the same week every June at Camp Dawson in Kingwood, WV, you may not know about the lasting impression National Guard members leave on our youth. Those in attendance start the week out weary and reserved and by graduation, they don't want to leave because they had such a positive, empowering experience and made life-long friendships. More importantly, they didn't need body and mind-altering substances to do it!

Prevention is not only telling our children how harmful drugs and alcohol can be; it's giving them a positive outlet and staying involved in their lives. What better place for them to get that than at Kids Kamp or Youth Leaders Camp from our own National Guard family.

**For more information on Kids Kamp or Youth Leaders Camp, contact Camp Director, Gary Conley at (304) 561-6449 or email at gary.conley@us.army.mil*

R E S P O N S I B L E D R I N K I N G

If you answer "yes" to any of these questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?



H E L P F U L R E S O U R C E S

West Virginia Chaplains
Chaplin Reed, 561-6238
bruce.reed1@us.army.mil

Chaplin Coffey, 561-6490
gary.coffeey@us.army.mil

State Family Program Director,
MAJ Martin
james.a.martin2@us.army.mil

Military Family Life Consultant
tina.nibert@us.army.mil

Treatment Locator (SAMHSA)
dasis3.samhsa.gov

Military One Source
www.militaryonesource.com

Veterans' Affairs
www.va.gov

Vet Center
www.vetcenter.va.gov

Alcohol Use Self-Assessment
www.alcoholscreening.org

Drug Use Self-Assessment
www.drugscreening.org

12-Step/Support Programs - AA
www.alcoholics-anonymous.org

12 Step/Support Programs NA
www.na.org

<http://www.wv.ngb.army.mil/pto/default.aspx>

Contact Info

PTO

TSgt Jessica Cunningham
Prevention Coordinator – ARMY/AIR
304-201-3102
jessica.f.cunningham@us.army.mil

Testing

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Substance Abuse Program Coordinator
304-201-3106
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Our Mission

To provide prevention training, outreach to military families, and treatment resources to service members in an effort to increase military discipline, individual performance, and combat readiness

LIMITED USE POLICY (ARMY ONLY)

If you or someone you know is abusing alcohol or drugs, it is best to admit the concern to your chain of command so they can help before you get caught. If you admit your abuse and request help, you may be protected from any adverse action taken against you.

Self-referrals are protected under AR600-85. You should contact your chain of command or the PTO (304-201-3102) office for assistance.

