

Addiction Starts in Your Medicine Cabinet



Grandparents! Did You Know That...?

- Overdose deaths from prescription painkillers have *quadrupled* from 1999 to 2013, killing more than 16,000 people in the U.S. *SOURCE: Centers for Disease Control and Prevention. National Vital Statistics System mortality data (2015)*
- More than 60% of teens say prescription pain relievers are easy to get from the medicine cabinet at home, the homes of relatives, or from friends. *SOURCE: DoSomething.org (2015)*
- Youth who abuse prescription medications are also more likely to report earlier use of other drugs, particularly alcohol and marijuana. *SOURCE: National Institute of Drug Abuse (2014)*

What Can You Do?

Youth Prescription Drug Abuse – Don't Ever Think "Not My Grandchild!"

1. **INFORM** your grandchildren that taking prescription drugs without a doctor's supervision is dangerous and potentially lethal. **TELL** them that the use of marijuana and alcohol can become a pathway to prescription drug addiction. **For more information, visit www.drugabuse.gov.**
2. **REMOVE** drugs from your medicine cabinet and hide them, or lock them up and properly dispose of expired or unused medications.
3. **SUPERVISE** your grandchildren's Internet use when they visit. Some websites sell dangerous drugs that may not require a prescription.
4. **WARN** other family members and friends about the importance of safeguarding medications in the home.



Chippewa Valley
Coalition for
Youth and Families

<http://cvcoalition.org/>



MACOMB COUNTY
PREVENTING ABUSE, ADDICTION AND OVERDOSE

Seek help immediately if you suspect you or a family member has a substance abuse problem. Macomb County residents who are enrolled in Medicaid, Healthy Michigan or are low income and uninsured, contact the Macomb County Community Mental Health Services Access Center - 586.948.0222 (collect calls are accepted) or contact the Crisis Center at 586.307.9100.