

# Join us in helping parents prevent teen prescription drug abuse.

While youth drug use has declined overall, the abuse of prescription drugs — such as pain relievers, depressants, and stimulants — is on the rise. For the first time ever, there are as many new abusers (12 and older) of prescription drugs as there are of marijuana.<sup>1</sup> You're well aware of the danger that comes with abusing prescription drugs. Between 1995 and 2005, the number of substance abuse treatment admissions for prescription pain relievers increased by more than 300%.<sup>2</sup>

You have the power to help protect teens and young adults by alerting parents to this growing problem. While prescription drugs have benefits when used properly, they are also increasingly abused by teens and young adults, often in combination with street drugs or alcohol. Make sure your patients understand the risks of drug abuse. Research shows that 70% of persons aged 12 and older who abuse pain relievers say they get them from a friend or relative.<sup>3</sup> For many teens, finding these drugs is as easy as opening the medicine cabinet, nightstand, or purse at home — or at a friend's house.

Your voice matters. So encourage parents, grandparents, and other adults to:

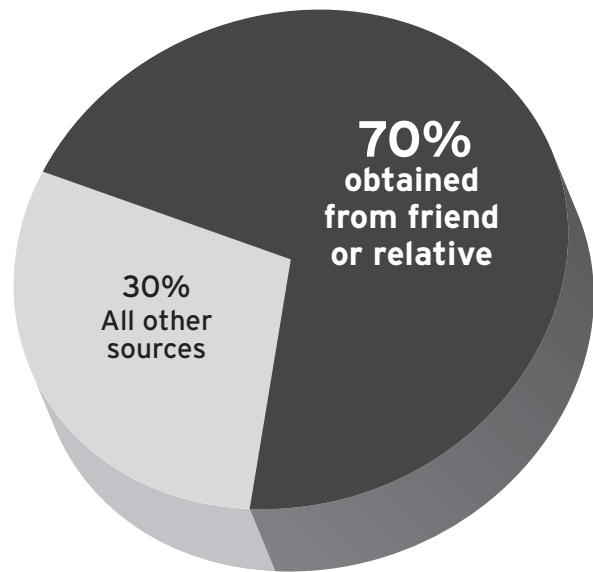
- Safeguard all drugs in their homes. Monitor quantities and control access.
- Set clear rules for teens about all drug use, including not sharing medicine and always following the medical provider's advice and dosages.
- Be a good role model by following these same rules with their own medicines.
- Properly conceal and dispose of old or unused medicines in the trash.
- Ask friends and family to safeguard their prescription drugs as well.

For more information on prescription drug disposal guidelines, as well as the risks, signs, and symptoms of teen prescription drug abuse, visit [www.TheAntiDrug.com](http://www.TheAntiDrug.com), or call 1-800-788-2800.

Signed,

## Source of Pain Relievers for Most Recent Nonmedical Use Among Past Year Users

Past Year Nonmedical Users of Pain Relievers: 12.6 million



Source: SAMHSA, 2006 National Survey on Drug Use and Health (September 2007)

<sup>1</sup> SAMHSA, 2006 National Survey on Drug Use and Health (September 2007).

<sup>2</sup> Treatment Episode Data Set, SAMHSA, 1995-2005.

<sup>3</sup> SAMHSA, 2006 National Survey on Drug Use and Health (September 2007).