

WELCOME TO THE ST. MARY'S COUNTY DRUG SUMMIT FOR PARENTS

March 7, 2014

A Tradition of Service Since 1637



St. Mary's County Sheriff's Office



Prescription Overdose Cases 2011-2013



– Non Lethal

- 2013: 76 Prescription cases including 5 juveniles
- 2012: 91 Prescription cases including 10 juveniles
- 2011: 79 Prescription cases including 5 juveniles

– Lethal

- 2013: 1 death
- 2012: 4 deaths
- 2011: 7 deaths



Heroin – The ~~New~~ Threat **NOW**



- Users of pharmaceuticals are turning to heroin at an alarming rate.
- Department of Mental Health and Hygiene: Increase in heroin deaths – Decrease in prescription opioid deaths
<http://dhmh.maryland.gov/publicrelations/pr/Lists/Posts/Post.aspx?ID=330>
- Heroin is stronger, cheaper and easier to obtain than prescription medication.



Heroin Stats



2011

- 0 Heroin deaths
- 0 Heroin overdoses

2012

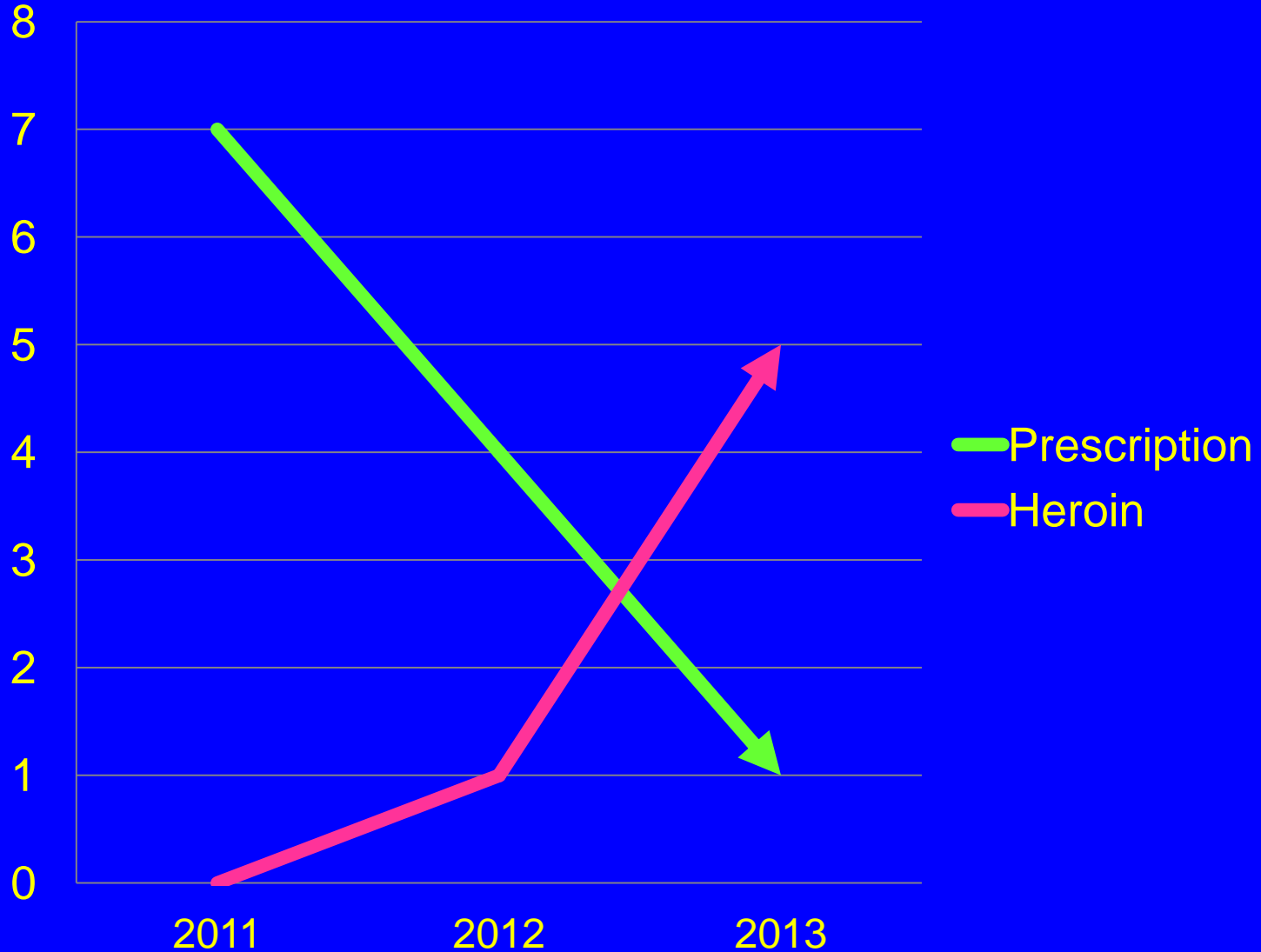
- 1 Heroin death (male)
- 5 Heroin overdoses (non-lethal)

2013

- 5 Heroin deaths (3 Male / 2 Female)
- 3 Heroin overdoses (non-lethal)



Overdose Deaths





What are we doing to combat prescription abuse?



- Alliance with the National Association of Drug Diversion Investigators (NADDI)
- Collaboration with the DEA
- “Script Alert” Which sent out 23 alerts since 2012.
- 24/7 Prescription Drug Collection Box
- Prescription Drug Monitoring Program
- Overdose Prevention Board
- Community Education



**written comments and
questions to:**



**Sheriff Tim Cameron
23150 Leonard Hall Drive
Leonardtown, MD 20650**

Email: sheriff@stmarysmd.com



WALDEN

HELP FOR TODAY; HOPE FOR TOMORROW

DRUG SUMMIT MARCH 7, 2014

WHAT IS WALDEN BEHAVIORAL HEALTH?

Local and Regional Behavioral Health Service Provider

- Crisis Hotline and Trauma Services
- Outpatient and Intensive Outpatient Services
- Anchor: Regional Substance Abuse Detox and Inpatient Services
- Compass & North Star : Long Term Residential Services
- Mental Health and Psychiatric Services
- Beacon of Hope: Adult Recovery Wellness Center The Cove:
Adolescent Recovery Wellness Center

WHAT ARE OPIATES?

- Commonly referred to as painkillers
- Derived from opium or synthetic versions and used to relieve pain
- Common opiates include: Vicodin (hydrocodone), Percocet, OxyContin, oxycodone, Fentanyl, and codeine
- Used in pill form or crushed to be snorted or injected
- Heroin is the most abused and rapidly acting of the opiates

WHAT IS HEROIN?

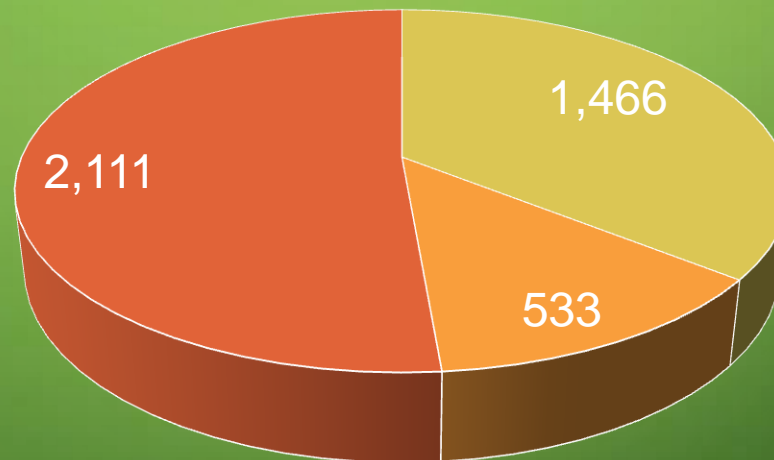
- Illegal, highly addictive drug
- Can be smoked or injected
- Processed from morphine (a naturally occurring substance extracted from certain varieties of poppy plants)
- Street heroin is usually "cut" with sugar, starch or quinine
- Strychnine other poisons or other drugs can be added
- Abusers don't know the actual strength of the drug or its true contents, so they're at risk of overdose or death

WHAT ARE THE EFFECTS OF OPIATES?

- Decreased perception of pain
- Decreased reaction to pain
- Increased pain tolerance
- Side effects include: sedation, respiratory depression, constipation, strong sense of euphoria

ST.MARY'S TREATMENT DATA 2013

4,110 ASSESSMENTS



■ Residential Addictions

■ Outpatient Addictions

■ Mental Health

OPIATES ADDICTION IN ST. MARY'S COUNTY



- Addiction is particularly an issue among 18- to 30-year-olds
- Admissions for treatment of prescription opioid substance use In St. Mary's increased substantially from 2008 to 2012 (400% increase)*
- Rate of treatment admissions for heroin use more than doubled between 2008 and 2012 (230% increase)

2013 Anchor Detox Inpatient Program:

- Served 449 individuals from the Tri-County region
- 48% from St. Mary's County
- Growing number of clients are opiate addicted and represents about 60% of all admissions

*Data Source: State of Maryland Automated Record Tracking (SMART)

RISK FACTORS: YOUTH AND YOUNG ADULTS

General Risk Factors

- Adolescent tendency to take risks
- Pressure to fit in
- Pressure to socialize
- Emotional Distress/Pain and Self Medication

Special Risk Factors

- Depression/Anxiety Disorders
- ADHD
- Traumatic events in childhood/PTSD
- Alcohol or drug problems in the family circle

WARNING SIGNS

Look for more than one or a pattern

- **Physical**: Any dramatic change in weight, appearance or sleep patterns
- **Emotional**: loss of interest in family or activities, secretiveness or paranoia, lack of motivation, evasiveness or dishonesty; moodiness, irritability
- **Other changes**: changes in grades or school attendance, changes in friends, lost/missing money or property, missing items from the medicine cabinet

ARE YOU CONCERNED? WHAT CAN YOU DO?

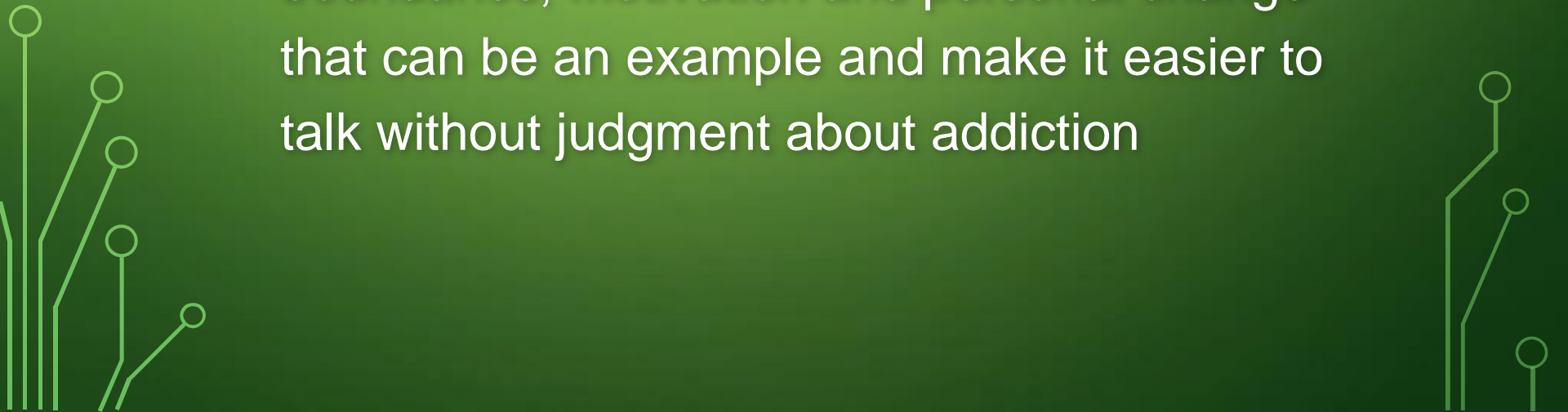
FIRST STEPS:

- Know the Risk Factors
- Look for Warning Signs
- Don't believe the common myths and excuse or ignore risky behavior: For example: "It's just a phase". "He is just experimenting."
- Ask and be direct: "I have noticed for the last two weeks that you have been overly tired and irritable. We need to talk."



ARE YOU CONCERNED? WHAT CAN YOU
DO?

NEXT STEPS:

- Become more educated about addiction and local resources
 - Addiction is a chronic issue: seek professional help
 - Pick up skills in communication, setting boundaries, motivation and personal change that can be an example and make it easier to talk without judgment about addiction
- 

OTHER EMERGING DRUGS AMOUNG YOUTH

K2/SPICE

- Mixture of herbs, spices and other plant material (Fake marijuana)
- Smoked in joints, pipes or made into tea
- Some side effects include: hallucinations, vomiting, agitation

SYRUP/LEAN/PURPLE DRINK/SIZZURP

- Prescription-strength cough syrup (codeine and promethazine) mixed with soda
- Side effects include: depression of the central nervous system, slowing of heart and lungs

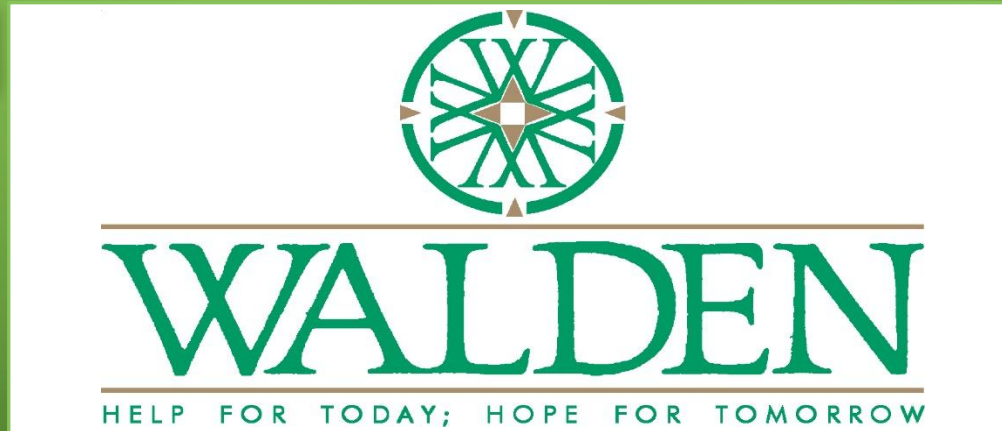
Other Drugs: marijuana, Ambien, Lunesta

HELP IS AVAILABLE:

- Walden , the St. Mary's County provider
 - Offers interventions
 - Assessment and recommendations for next treatment step
 - Individual and family recovery support services

HELP IS AVAILABLE:

Walden Hotline: 301-863-
6661



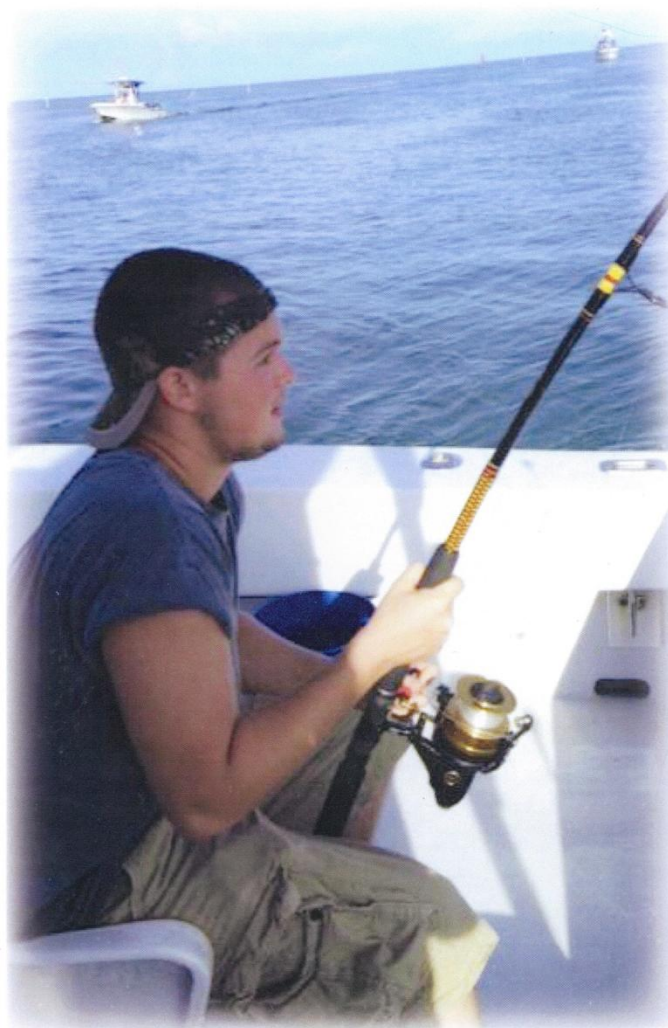
Mrs. Terri Haffer

Steven Robert Haffer, Jr.

January 24, 1993

September 16, 2013

In Loving Memory
Steven Robert Haffer, Jr.
January 24, 1993 - September 16, 2013





St. Mary's County Dept of Aging and Human Services

SUBSTANCE ABUSE PREVENTION

MATTHEW REISDORPH



DEPARTMENT OF AGING & HUMAN SERVICES
Working Together ~ Caring About You

Prescription Drug Stats: Prevalence

- **#1** Choice of drugs among 12-13 year olds
- **7,000,000** Americans abuse prescription drugs
- **4,000+** children and young adults begin experimenting with prescription and over-the-counter drugs every day

Prescription Drug Stats: Availability

- 68% of people 12 and older who abuse prescription drugs get them from a friend or relative
- 54% get them from a friend or relative for FREE
- 14% bought or took drugs from a friend or relative
- 4% get drugs from a drug dealer or stranger

Risk and Protective Factors: The First Principle of Prevention

Prevention programs should
enhance protective factors and reverse or
reduce
risk factors

What Are Risk Factors?

- Predict diverse youth problems
 - Substance abuse
 - Violence
 - Anxiety and depression
- Determine where these problems exist
 - Individual and Family
 - Community and School
 - Peers

What Are Protective Factors?

- May buffer exposure to risk
 - Clear standards and healthy beliefs
 - Pro-social bonding
 - Opportunities for involvement
 - Skill development
 - Recognition

Risk and Protective Factors: Nonmedical use of Rx Drugs

- **Risk Factors**

- Perceived availability of Rx Drugs
- Low perception of harm
- Impulsive sensation-seeking

- **Protective Factors**

- Perceived risk of harm
- Parents' disapproval
- School commitment
- Community norms against nonmedical use of Rx drugs

Responsible Management

- Lock your meds - Be Aware, Don't Share!
- Proper disposal
- Monitor children's behavior
- Share information, experiences, and tips
- Support each other and build community
 - Free workshops for parents
 - Trainings on Building Youth Resiliency
 - Local Coalitions

Efforts and Opportunities

- Overdose Prevention Workgroup/Plan
- Free Parent Workshops
 - Guiding Good Choices
 - Staying Connected With Your Teen
- Developing Youth Resiliency Through Asset Building
- SMART Medicine Campaign

Contact Us

- 301-475-4200 x 1680
- <http://HealthyStMarys.com/Smart/Rx>



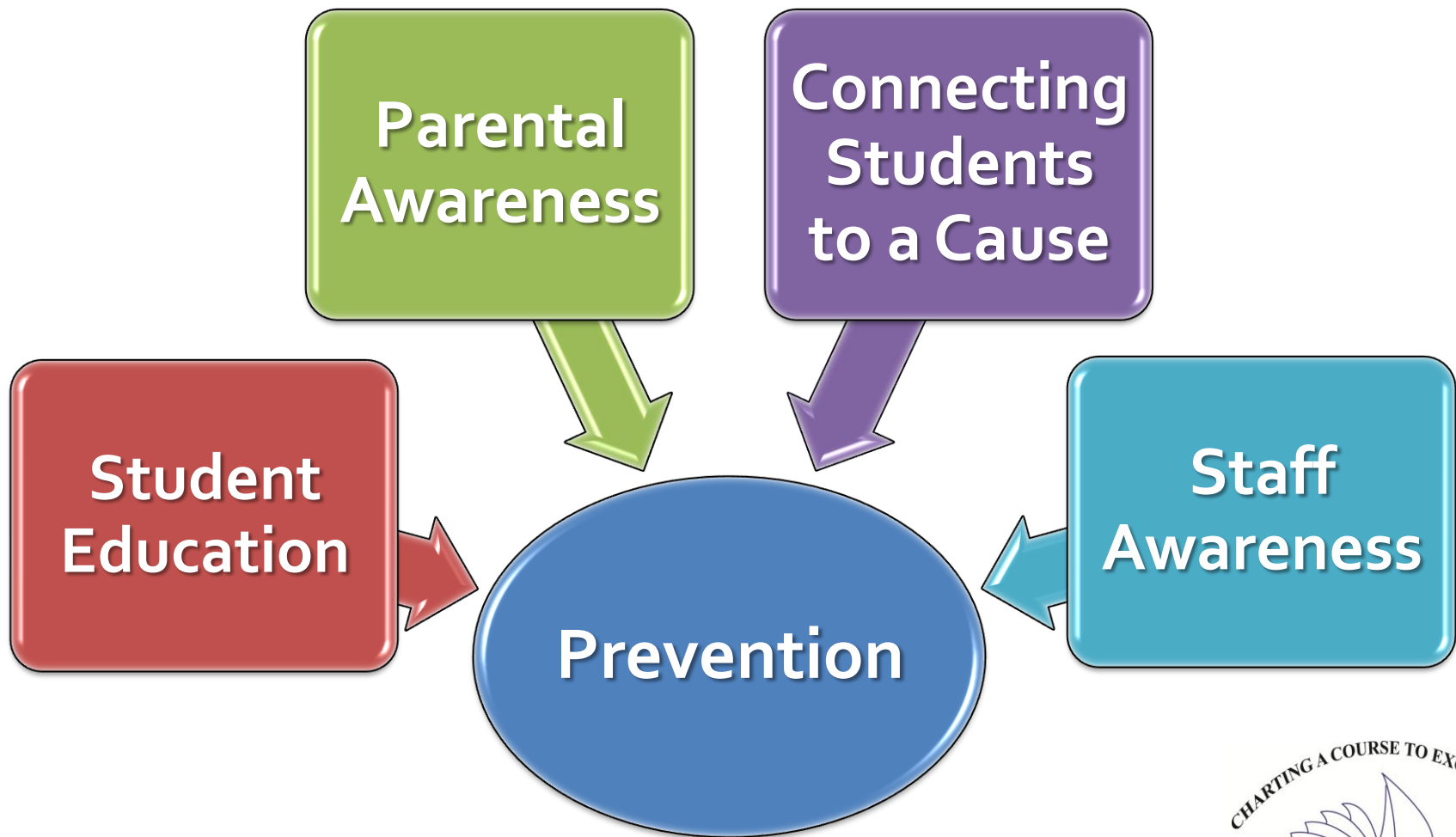
SMAR_xTMedicine
Only as prescribed.

Drug Summit For Parents 2014

Dr. Michael J. Martirano, Ed.D.
St. Mary's County Public Schools



Building A Culture of Prevention



Education – Health Curriculum

- Explain the dangers of inhalant and alcohol use and how to avoid situations where drugs might be present
- Discuss how to handle negative peer pressure and practice refusal skills
- Analyze factors that influence substance abuse such as advertising, media messages, peer pressure, family practices, and genetics
- Study the legal consequences of drug abuse and learn of available mental health services

Middle School DARE Program


Provided by School Resource Officers

Students:

- Acquire knowledge of substance abuse
- Exercise of self-control
- Identify risk factors
- Make safe and responsible decisions
- Communicate confidently and effectively

School Nurses Raise Awareness of Teen Prescription Drug Abuse

1 in 4
teens has abused
a prescription (Rx) medication*



Don't let your teen become a statistic.

- Keep all prescription drugs in a secure location
- Talk to your teens
- Notice signs of prescription drug abuse
- Access resources and support from your school

Be Aware. Get Smart.

For more information visit SmartMovesSmartChoices.org

*The Partnership on Drug Policy and National Foundation. (2011). 2011 Partnership Attitude Tracking Study (PATS) Report, 2.

Janssen Pharmaceuticals, Inc.

**In the wrong hands
...these pills can be
dangerous**



When you take
prescription (Rx) medications
to get high, you put yourself in danger

Be Aware. Get Smart.

**Smart
Moves
Smart
Choices**

**Teen Prescription (Rx) Drug Abuse
School Assembly**

DATE: _____

TIME: _____

LOCATION: _____

For more information about prescription drug abuse, visit
SmartMovesSmartChoices.org

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PARENT FLIER

Parents: Get Smart
About Teen Prescription (Rx) Drug Abuse.

**Smart
Moves
Smart
Choices**

Teen prescription drug abuse is when a young person takes a prescription medication that was prescribed for someone else, for a non-medical use.

Facts

- 1 in 4 teens has taken a prescription drug that was not prescribed for them by a doctor.¹
- Every day, 2,500 teens take a prescription pain reliever for a non-medical use for the first time.²
- More teens abuse prescription medications than illegal drugs, except marijuana.³

Medications Most Commonly Abused

- Opioids** – commonly known as prescription painkillers.
- Sedatives** – such as anti-anxiety and sleep disorder medications.
- Stimulants** – such as medication to treat Attention Deficit-Hyperactivity Disorder (ADHD).

Serious Risks to Teens:

- Abusing prescription medications is **not** safer than taking illegal "street" drugs like cocaine or heroin.
- Teen prescription drug abuse can result in **addiction**, health issues, and can be **fatal**.
- Mixing prescription drugs with alcohol and illegal drugs is **particularly dangerous** and can be fatal.
- Teen prescription drug abuse can impact a **young person's developing brain** and good judgment, their relationships with family and friends, and academic performance.

Take Action Now

- Create a Safe Environment**
 - Know what's in your medicine cabinet
 - Properly dispose of unused or expired medications
 - Secure all prescription medications in a safe place
 - Educate family and friends (especially grandparents)
- Notice Common Signs of Abuse**
 - Physical and psychological changes
 - Changes in academic performance
 - Pills missing from the medicine cabinet
- Talk to Your Teens**
 - Be open and non-judgmental
 - Communicate regularly
 - Talk about dangers of prescription drug abuse

**Your Home:
Safe Zone or Danger Zone?**

Teens often get their hands on prescription drugs right in their own homes – from a parent or relative's medicine cabinet, drawer or kitchen cupboard.

64 percent of teens (age 12-17) that have abused prescription pain relievers say they got them from friends or relatives.⁴

Research shows that teens who learn about the risks of drugs from their parents are up to 50 percent less likely to try drugs.⁵

For more information about prescription drug abuse, visit
SmartMovesSmartChoices.org

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Young Driver Safety Assemblies

- Delivered in collaboration with the Sheriff's Office to students in grades 10 to 12
- Addresses high risk driving behaviors to include alcohol abuse



Safety and Security Festivals

- Held annually to educate students on personal safety and avoiding high risk behaviors
- Activities include:
 - Substance Abuse Prevention Awareness to include abusive prescription medication
 - A Mock Vehicle Crash and Emergency Response Demonstration
 - Safe Prom Pledge



Red Ribbon Week

Youth are educated on the effects of drug abuse and encouraged to make a personal commitment to live drug free lives.



Red Ribbon Activities

Students pledging to be drug free and symbolically linking themselves to a healthy lifestyle



Staff Awareness

- Ongoing professional development :
 - Remaining knowledgeable of current trends in teen substance abuse
 - Recognizing teen drug use
 - Supporting students seeking help

Healthy St. Mary's Partnership



www.HealthyStMarys.com

Local Health
Improvement Coalition
for St. Mary's County

How to Get Involved

- Sign up at www.HealthyStMarys.com
- Behavioral Health Action Team meetings
Full schedule at www.HealthyStMarys.com
- Drug Summit for Parents – ongoing
- SmartRx
- Other resources/opportunities

What Now?

Be Informed

Talk About It

Act

Advocate

www.HealthyStMarys.com

**THANK YOU FOR
COMING
DRUG SUMMIT
FOR PARENTS**

March 7, 2014