

Are you concerned about someone's prescription drug abuse? Counseling and treatment services are available at Long Valley Health Center (984-8089). There are two Narcotics Anonymous meetings a week in Laytonville (call 984-8339 for information) or visit Healthy Start (984-8089) for more resources. For more general information, check out <http://teens.drugabuse.gov/>

Opiates: These painkillers are related to heroin and opium. They can be used safely when prescribed, but are very dangerous if not used properly. They are highly addictive and a leading cause of overdose! Some of the common names for these include: vicodin, hydrocodone, oxycodone, oxycontin, dilaudid, demerol, methadone, morphine, codeine, fentanyl, percadan, percocet and more.

Sedatives: These prescription meds slow down your brain activity and are often used to treat anxiety or sleep problems, but can be very addictive when not used properly. Examples: barbituates, phenobarbital, benzodiazepines, valium, xanax, nembital, diazepam, sleep medications like lunesta or ambien.

Stimulants: These meds make you feel more awake and full of energy. They are closely related to the street drug methamphetamine, and are just as addictive as meth if you aren't using them as prescribed. Examples: adderall, benzedrine, ritalin, concerta, amphetamine, dexedrine.

Cough or Cold Medicines: Most of these medicines are not prescribed by a doctor, but are the kind that you get in the store. They are safe as long as you're only taking the suggested dose, but when taken at higher doses they can be addictive and dangerous. Examples: any cough or cold medicine containing dextromethorphan (DXM), or prescription cough syrups containing codeine (see opiates, above) and/or promethazine.

IN THE KNOW! Prescription Drugs

For Every 1 Death
There Are...



10 treatment admissions for abuse

32 ER visits for misuse or abuse

130 people who abuse or are dependent

825 non-medical users

Just because a medication is prescribed to someone by a doctor, does not mean that it's safe for you to take, or safe for that person to take once they don't need it anymore. Never take a medication that isn't prescribed to you by a doctor!

A prescription painkiller that can be safely and effectively used by someone for whom it is prescribed, can also cause addiction for someone who hasn't been prescribed it.