

- To receive contact hours for this event you must:
  - Sign in, completing all fields of the sign in sheet
  - Be present for the entire event
  - Complete and return an evaluation.
  - Evals and sign in sheets must be received (fax, email, snail mail, or scanned attachment) by the DHHS School Health Program, and certificate is issued.

*Thank you for joining us today. The TESH planning committee appreciates your suggestions for future programs.*

**TESH Required Disclosures and Disclaimers – slide 1 of 4**



- Our presenter today has no real or perceived conflicts of interest, or financial or commercial influences, to disclose that might bias the content of our program.
- Same goes for the planning committee.
- There will be no discussion of off-label or unapproved used of medication in this program.

**TESH Required Disclosures and Disclaimers – slide 2 of 4**



*WE ARE RECORDING...*

- The presenter has consented to this program being recorded.
- This session is being recorded for later on-demand viewing.
- TESH program archives are found at [www.answers4families.org](http://www.answers4families.org).

**TESH Required Disclosures and Disclaimers – slide 3 of 4**



- For more information about TESH, Telehealth Education for School Health, please contact: [kathy.karsting@nebraska.gov](mailto:kathy.karsting@nebraska.gov).

**THANK YOU!**

**TESH Required Disclosures and Disclaimers – slide 4 of 4**



***Rx Drug Abuse among Youth  
Actions for the School Nurse***

*Carol Tucker BSN, RN  
Child & School Health Program Manager*



- 1. Describe the prevalence and nature of prescription drug abuse among youth.
- 2. Review current efforts in Nebraska to reduce prescription drug abuse
- 3. Identify actions school nurses can take to impact prescription drug abuse among youth

**Objectives**



- Prescription drugs can have a very positive effect on health and wellness when taken as prescribed and monitored by a health care professional
- Development and increased availability of prescription drugs have significantly improved treatment of pain, mental disorders, anxiety, and other conditions.
- Prescription drugs need to be available to those who legitimately need them for therapeutic reasons and have been prescribed them by their health care professional

### Why prescription drugs?



- More drugs available to more people and the opportunity for abuse is greatly increased.
- Doctors report writing more prescriptions for patients than ever before.
  - That includes prescriptions for commonly abused drugs such as opioids, CNS depressors, and stimulants.
- Also, you can go on the Internet to find vast numbers of online pharmacies selling these highly addictive drugs

### Why is Rx drug abuse on the rise?



- Risk for addiction appears to be influenced by a person's biology, social environment, and age or stage of development.
- The more risk factors you have, the greater the chance that taking drugs can lead to addiction.
- Sometimes addictions run in families with a strong genetic link.
- Social environment including friends or colleagues may also influence addiction.
- The person's developmental stage in life. Studies show the earlier someone begins to abuse drugs, the greater the chances are that the addiction may progress into more serious problems.

### Why Do Some People Become Addicted and Others Don't?



- Patient's personal history – weight, diagnosis, other drugs being taken, how long they've taken the drug
- Route, form & dose – the Dr. knows how long it will take a drug to enter the body's system, whether it is time-released or rapid acting, what body systems it affects
- Side effects – tolerable to dangerous. Risk/benefit ratio
- Knows the potential for addiction

### How does a Dr. make a prescription safe?



- Early use of drugs increases a person's chances of more serious drug abuse and addiction
- The adolescent brain is still growing and developing
  - Still-developing judgment and decision making skills may limit their ability to assess risks accurately and make sound decisions about using drugs
- Drugs change brains - and this can lead to addiction and other serious problems
  - Drug and alcohol abuse can disrupt brain function in areas critical to motivation, memory, learning, judgment, and behavior control

### Why youth?



- Risk of drug abuse increases greatly during times of transition & stress
- Greater availability of drugs, exposure to drug abuse by older teens, and social activities where drugs are used
- Age of risk taking
- Prescription drug abuse decreases when youth view the activity as harmful

### Why youth?...



- What protective and risk factors are already present in child's life?
- Early intervention with risk factors (e.g., aggressive behavior and poor self-control) often has a greater impact than later intervention by changing a child's life path (trajectory) away from problems and toward positive behaviors

## Life course effects of prevention



- **Proper use** is taking one's own prescription medication exactly as directed.
- **Nonmedical use:** Use of prescription drugs that were not prescribed by a medical professional (i.e., obtained illicitly) or use for the experience or feeling a drug causes.
- **Misuse:** Incorrect use of a medication by patients, who may use a drug for a purpose other than that for which it was prescribed, take too little or too much of a drug, take it too often, or take it for too long
- **Prescription drug abuse** A maladaptive pattern of substance use, leading to clinically significant impairment or distress as manifested by one or more behaviorally based criteria



## Definitions



- Addiction
- Overdoses
  - One person dies every 19 minutes from overdose deaths in the US.
- Side effects
  - depressed respirations
  - change in heart rate and rhythm
  - increased or decreased blood pressure
  - altered mental state
- Poor academic performance
- Theft



## What are the dangers?



- Some start out with legitimate use of prescription pain relievers, but continue to take the drug after it is medically necessary
- Misguided thinking leads youth to think prescription drugs are:
  - Safe (a doctor prescribed this medication)
    - As many as 41% of teens believe that it is safer to get high using a prescription drug than it is to get high with a drug such as marijuana or cocaine
  - Legal (they're not street drugs)
  - Free (available in homes, etc.)
  - More acceptable than using street drugs

## What is the appeal to youth?



- Prescription drugs are often promoted by the media to youth
  - "Take two pills and call me in the morning."
- Parents are unaware and don't safeguard prescription drugs at home
- Students sell prescription drugs to others
- Seeking psychological or physical pleasure
- Less stigma attached to taking prescription drugs than with illegal drugs
- Pressure to get better grades or fit in with friends.
- Many people self-diagnose and self-treat with whatever is available

## Appeal...



- Culture of self-diagnosis and self-prescribing
- We expect quick fixes to everything and use drugs to:
  - Manage lives
  - Manage pain
  - Be more alert
  - Get better sleep
  - Get better academic and physical performance
    - "Academic Steroids"

## Appeal...



- Fail to understand dangers of taking drugs not prescribed for them & the dangers of mixing drugs/alcohol or drugs/other drugs
- Unaware of other means of coping with stress.
- Unaware abuse can lead to addiction
- In general, boys are more likely to abuse prescription stimulants to get high, while girls tend to abuse them to stay alert or to lose weight
- Sometimes people who have been abusing drugs, prefer the prescribed drugs as they are purer than street drugs

## Appeal...



- Most students use prescription drugs appropriately
- Over the last 20 years prescriptions for narcotic pain relievers have more than tripled
- 3 out of 4 people who misuse narcotic pain relievers are using drugs prescribed for themselves, a family member or a friend
- Over last 5 years:
  - 1/3 of parents reported receiving at least one pain medication for their child
  - 2/3 of parents reported receiving at least one pain medication for themselves or another adult in the household

## Prevalence



- Students abuse prescription meds more than any street drugs (except marijuana)
- Prescription drugs are the drugs of choice for 12-13 year old students
- Every day approximately 2000 - 2500 students use prescription pain relievers for non-medical use for the first time
- More than 3.2 million—1 in 4—high school students admitted to abusing prescription drugs at least once in their lives

2011 study funded by the MetLife Foundation



## Prevalence ...



- As of 2009, there have been more deaths from drug overdoses than from car crashes
- For every drug overdose, there are
  - 9 abuse treatment admissions and
  - 30 emergency room visits for misuse or abuse
- More than 3.2 million—1 in 4—high school students admitted to abusing prescription drugs at least once in their lives
- 47% of teens report it's easy to get drugs from parent's medicine

## More on prevalence...



- Pharm parties – various prescription and illegal drugs are dumped together and students grab a handful without knowing what they are taking or combining
- White teens were three times more likely to abuse narcotic pain relievers than Black or Hispanic teens
- In 2009, more than over 1,000,000 emergency room visits involved the non-medical use of prescription drugs by all ages

## Prevalence...



- 25% of prescription pain relievers are obtained in the Emergency Room
- 55% got them from a family member or friend for free

## Where do students get prescription drugs?



- How the drug is taken (orally, smoked, injected)
- How much is taken
- How often is it taken
- How easy it is to get.

• For most people, the initial decision to take prescription drugs is voluntary. Over a period of time, however, changes in the brain caused by repeated drug abuse affect a person's self-control and ability to make sound decisions. While this is going on, the person continues to experience intense impulses to take more drugs.

**Factors in addition**



## Nebraska Efforts to combat prescription drug abuse



- Objective 1: – Maintain or decrease the rate of unintentional prescription drug poisoning injuries at or below three (3) deaths per 100,000 residents and seventeen (17) inpatient hospitalizations per 100,000 residents per year.
- Strategy 1: – Education
  - Activity - Develop and implement a Nebraska state-wide web-based resource center.
  - Activity - Create and implement a Nebraska Task Force
  - Activity - Create and implement a comprehensive multi-media campaign

**Prescription Drug Abuse Workgroup 2011**



- Strategy 2: Disposal
  - Activity - NE MEDS program in Lincoln
  - Activity - FDA take-back days
- Strategy 3: Prescription Drug Monitoring
  - Activity - Support the development of a comprehensive prescription drug monitoring program.
- Strategy 4: Law Enforcement
  - Activity - Work together with law enforcement to identify their roles, relationships and resources
  - Activity - oversee and dispose of controlled substances

**Prescription Drug Abuse Workgroup...**



• Injury Prevention Program	• Nurses
• Safe Kids Nebraska	• Safety Councils
• Poison Control Center	• Insurance Companies
• Emergency Room Physicians	• Prevention Services Program
• Pharmacists	• State Patrol
	• Dentists

**Task force formed in 2012**



- Identify and coordinate existing resources and educational activities relevant to prescription drug overdoses
- Identify needed resources related to the prevention and awareness of prescription drug overdoses
- Create a comprehensive multi-media campaign

**The goals of the Task Force...**



- Web development/Resources
  - Websites
  - Curriculum for use by schools
  - Pamphlets
  - Posters
  - Videos

## Workgroups within the Task Force



- Education
  - Health Care Professionals
  - Public
    - Parents, Youth, Grandparents, other Interested Parties
  - Use & storage information at time of dispensing
  - Drug disposal information included on prescription literature
  - Automated message to remind patient to dispose of meds
  - Drug take-back information

## Workgroups within the Task Force...



- Communications/Social Media
  - Use of NETV as there is state-wide access
  - Facebook
  - Twitter
  - Apps for smart phones

## Workgroups within the Task Force...



1. Youth & young Adults (12 – 24) - sharing of drugs, peer pressures
2. Parents – often unaware of the dangers
3. Schools – opportunity to educate this population
4. Female – 40+
5. Adults (aged 65 years and older) account for over 1/3 of drugs prescribed. They may not realize the potential for abuse by others.

## Target Groups



- Prevention takes a comprehensive effort by school staff, parents, youth, community, and health care providers
- Up to 1/3 of school nurses' time is spent providing mental health services including the area of substance abuse.
- School nurses need to be aware of the issue, the signs and symptoms because they may be the first responders in a crisis



## What can School Nurses do?



- What are community factors?
- Are there protective factors that can be strengthened?
- Are there risk factors that can be reduced?
- Is there a certain age group that is being affected?
- What knowledge do parents already have?
- What knowledge do students already have?
- Has the teen/parent read the instructions that came with the prescription drug?

## Questions to ask



- Up to 1/3 of school nurses' time is spent providing mental health services including the area of substance abuse.
- Assessments
  - Decreased or obsessive interest in school work
  - Fatigue, red or glazed eyes, repeated health complaints/visits to the health office
  - Sudden mood changes including irritability, negative attitude, personality changes, a general lack of interest in extracurricular activities.
  - Extreme change in group of friends and hang-out locations

## School nurse role...



- “Prescription drugs aren’t bad—they totally help a lot of people. It really depends on the who, how, and why of it—who were they prescribed for (you or someone else?), how are you taking them (as prescribed or not?), and why (to get well or to get high)?”
- Some teens abuse stimulants thinking it will improve their grades; in fact, it may do just the opposite!

NIDA for TEENS

## Talking with youth



- Different drugs do different things. But they many affect the brain—that’s why drugs make you feel high, low, speeded up, slowed down, or see things that aren’t there.
- Repeated drug use can reset the brain’s pleasure meter, so that without the drug, you feel hopeless and sad. Eventually, everyday fun stuff like spending time with friends or playing with your dog doesn’t make you happy anymore.

NIDA for TEENS

## Talking with youth...



- Does student need help with
  - Self-control
  - Academic efforts – especially in reading
  - Emotional awareness
  - Communication
  - Social problem solving

## Working with Elementary youth



- Study habits and academic support;
- Communication;
- Peer relationships;
- Self-efficacy and assertiveness;
- Drug resistance skills;
- Reinforcement of anti-drug attitudes; and
- Strengthening of personal commitments against drug abuse.

## Working with adolescents



- The anti-use message needs to be repeated frequently
- When students move to a new building, it’s an opportune time to review with them dangers of prescription drug abuse.
- Clubs and organizations can reinforce the anti-use message among their members and others
- Help teaching staff be aware of the issue and know what to watch for and how to respond to students’ questions or who the child can be referred

## Opportunities to teach



- How do you convince a friend who is using drugs that they may be at risk for addiction or other bad consequences even though they feel fine right now?
- What is the best way to convince you or your friends that prescription drugs can be dangerous when abused, without scaring the people who need them?
- What's the best way to get messages out to teens—social networks, TV ads, Web sites? Who should the messages be from?

## Engaging youth in prevention

NIDA for TEENS



- If you have a friend who is using prescription drugs and is ready to get help, you can help him or her find a doctor, therapist, support group, or treatment program
- Encourage friend to talk about the issue – drawback – not all teens are knowledgeable or comfortable with this discussion
- Talk with teacher or other staff member – drawback – teen may not be comfortable sharing with an adult or fearful of getting in trouble
- Talk with doctor – knowledgeable about drugs and their effects – drawback – teen not comfortable or fearful
- Internet sources – available 24/7 – drawback – may be incomplete or incorrect information

## Engaging youth in prevention...



- Think about all the health decisions you make every day.
- Pause. Take a moment to think through your decision. For more information, check out: [www.fox.com/pause/](http://www.fox.com/pause/)
- What do you know? Ask yourself:
  - What are the facts involved in the situation?
  - For instance, if someone has offered you drugs, what facts do you know about how the drugs may affect your brain and body?
- Do you know enough to make a decision? If you don't know all the facts,
  - Remove yourself from the situation (& the pressure) and find out more. Make sure to use reliable sources.

## Tips for making smart decisions



- Be honest with friends who offer or pressure you to use prescription drugs – say something like “It’s just not for me”
- Change the subject and talk about something else
- Make an excuse – “I have to be somewhere”
- Walk away or create a diversion
- Ignore them and continue what you were talking about
- Talk about the health risks
- Is it cheating to use stimulants?

## Avoidance skills



- Teach students
  - To respect the power prescription drugs and use appropriately
  - Prescription drugs can be as dangerous as illegal drugs
  - All drugs have risks along with benefits – risks & side effects tend to increase with abuse
  - To take responsibility to take prescription drugs appropriately and safely.
  - To seek help at the first sign of prescription drug abuse in themselves or in a friend.

## School nurses teach...



- Work on school teams with teachers, counselors, psychologists, social workers, administrators
- Have conversations with students at any opportunity – does not have to be a formal teaching session.
- Provide a safe & open environment for students to talk about concerns about prescription drug abuse
- Encourage students to ask you any questions they have about prescription drugs
- Encourage students to talk with you or other staff member about a friend's prescription drug abuse

## School nurse role...



- Be alert to conversations students have with other students, written assignments and art projects that may indicate an involvement with prescription drugs
- Acknowledge stresses of growing up, school, peers, family life, etc.
- Identify positive stress relief methods – extracurricular activities of interest
- Remind students you are there to help them.

## School Nurse role...



- Common Street Slang Terms for Methylphenidate
  - Vitamin R
  - Skippy
  - Pineapple
  - R ball
  - Smarties
  - Kid's cocaine

## Be alert for street names



### Myths

- You've checked out WebMD and know what you are doing.
- You've taken them before for another problem.
- Your mom gave them to you from her prescription.

### Truths

- Only a licensed prescriber knows what is safe & appropriate
- Always check with prescriber first
- Only take medication prescribed for you.

## Dispel myths and give facts



- Help our students develop the knowledge and skills they need to be successful in school and in life
- One of the most significant (and preventable) causes of prescription drug misuse and abuse among youth is a lack of knowledge and understanding about the importance of proper use.
- Encourage students to dispose of any unused prescription drugs if they have any left over after they no longer need them medically.
  - If unused drugs are not disposed of properly, they are more likely to be abused.
- Raise parental awareness and promote the proper disposal of any unused medications
  - Store medication in a secure location
  - Drug disposal

## School Nurse role...



- "Familiarize yourself with the national effort and message led by the White House Office of National Drug Control Policy:  
<http://www.whitehouse.gov/ondcp/prevention-intro/prevention-month%20>

## School Nurse role...



- Encourage parents to read instructions that come with the prescription drug
- Encourage parents to call prescribing health professional if they have concerns about side effects, etc.
- Let parents know prescription drugs can be as dangerous as illegal drugs – many don't realize this.
- Let parents know what they can do to prevent prescription drug abuse and where they can get help for their child if the drug abuse as already occurred
- Raise parental awareness and promote the proper disposal of any unused medications
  - Store medication in a secure location
  - Drug disposal

## Parent Involvement



- Designate a site that is out of the way of day-to-day traffic, such as an isolated cabinet or drawer.
- The common bathroom should be avoided.
- Medicine cabinets should be avoided in high-access areas because they may be easily targeted.
- Medications should not be stored with common food products (bread, cookies, etc.) because of high visibility.
- Store medications out of sight and at heights out of reach of small children.
- Do not mix medications in the same bottle.
- Check package for signs of tampering before using.
- Mark date on calendar when container will be empty.

## Storage of Prescription Drugs



- Store medications in a lock box, tool box, or prescription drug vault from commercial vendors to limit access to anyone other than the patient or caregiver.
- When taking care of sick or elderly family members, only designated caregivers should be allowed to access the medications.
- For medications that seem to be "short" before refills are due, bottle contents should be counted weekly to assess possible theft, and medication directions should be clarified with the pharmacist to ensure that the patient is following directions properly.
- If you are showing your house or hosting guests, lock up prescription drugs.

## Storage...



- Take-back days sponsored by the FDA – expensive to carry out and may not always be available when needed
- Local pharmacies – some community pharmacies have drop-off boxes
- Special bags for drug disposal can be purchased at many pharmacies – cost ~ \$4-\$8
- Follow instructions on drug container – some may need special precautions
- If no take-back days available & no specific instructions on container:
  - Take drugs out of original container
  - Mix with undesirable substance like kitty litter or used coffee grounds
  - Put meds in sealable bag or can to keep from leaking in the trash

## Drug disposal



- Remove label or black out any identifying information for privacy protection
- Don't give unused drugs to friends or family members
- If in doubt about proper disposal, talk with your local pharmacist
- Some labels may instruct that drug should be flushed down the toilet
- Check labels on inhalers – some cannot be disposed of in the regular trash

## Precautions with drug disposal



- Alert parents if you notice sign of drug abuse in their child
- Parents are an influential factor in whether their children will choose to prescription drugs or other harmful substances.
- Teens who hear of the dangers of prescription drug abuse from their parents are up to 50% less likely to abuse prescription drugs than those who are never taught the dangers from prescription drug abuse from their parents
- Only 22 % of teens report ever talking with their parents about prescription drug abuse

## Parents...



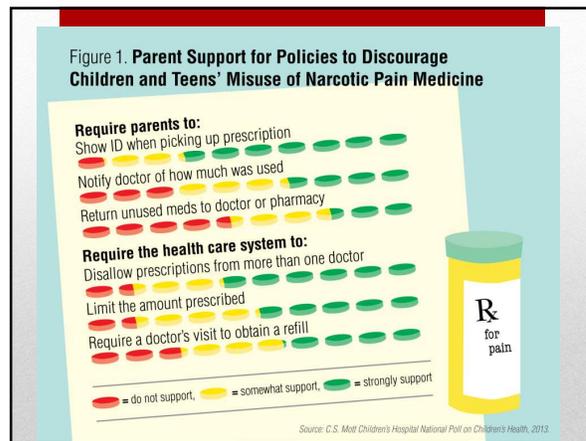
- Most youth feel their parents would disapprove of their abusing prescription drugs although this decreased with age.
- Females were more likely than males to feel their parents would disapprove of prescription drug abuse
- Most youth report their parents are involved in their day-to-day activities – this also decreased with age
- 35 % of parents were very concerned about prescription drug use in their community
- Only 20 % of parents were very concerned about prescription drug among their own children

## Parents...



**Parents...**

- More Black (38%) and Hispanic (26 %) parents were very concerned about their children abusing narcotics than were White (23%) parents.
- Black & Hispanic parents were in greater support of requiring a doctor's visit to renew narcotic pain relievers than were White parents.
- White parents are less likely to support policies that limit their children's access to narcotic pain relievers

**Parents...**

- This lack of willingness by parents to support policies that restrict access to narcotic pain relievers is another signal that parents do not fully understand the prevalence and dangers involved in prescription drug abuse.
- Parents limited concern and unwillingness to support restriction of access to prescription drugs adds to the national challenge of keeping students safe from abusing prescription drugs.



**Treatment**

- The first step toward effective treatment of a substance use disorder is screening and comprehensive assessment, including—
  - Evaluation of how the person began using prescription medication;
  - Medical history and evaluation to determine underlying medical issues; and
  - Screening for and, when indicated, assessment of mental health issues.
- Those dependent on prescription drugs will not change their ways easily or quickly
- Clients with ongoing pain and those with underlying anxiety disorders, ADD, AD/HD, and other mental disorders will need services beyond standard addiction counseling. If these are not addressed, the treatment will likely fail



**Treatment...**

- It takes time to recover from addiction— not only for the brain to re-adjust, but to make lifestyle changes to avoid drugs.
- Think how hard it is for people trying to lose weight— they try different diets, exercise for a while, lose a few pounds only to gain them back... until they can make lasting changes to keep the weight off.
- Same with quitting drugs—it may take several rounds of treatment before it sticks.

NIDA for TEENS



**Resources**

- **NASN - Smart Moves, Smart Choices**
  - Guidelines on running school assemblies
  - Parent flyer
  - Posters
  - Video
  - Stickers
  - Student pre & post-tests
  - [www.smartmovesmartchoices.org](http://www.smartmovesmartchoices.org)
- **NEA – Rx for Understanding**
  - Standards-Based Curriculum for grades 5-8
  - [www.neahin.org](http://www.neahin.org)
- NIDA for Teens – interactive site where teens can learn about the dangers of drug use and abuse - <http://teens.drugabuse.gov/>



- Treatment Referral Helpline (1-800-662-HELP)—offered by the Substance Abuse and Mental Health Services Administration or [www.samhsa.gov/treatment](http://www.samhsa.gov/treatment)
- OTC Literacy website - <http://www.scholastic.com/OTCLiteracy/>

## Resources...



- Drugs, Brains, and Behavior: The Science of Addiction (2012) NIDA. Retrieved 2/28/2013 from <http://www.drugabuse.gov/publications/science/addiction/preventing-drug-abuse-best-strategy>
- Drugs: Shatter the Myths (2011) NIDA for TEENS Retrieved 2/28/2013 from [http://drugfactsweek.drugabuse.gov/files/teenbrochure\\_508.pdf](http://drugfactsweek.drugabuse.gov/files/teenbrochure_508.pdf)
- Facts on Drugs - Prescription Drugs (2012) Retrieved 2/28/2013 from <http://teens.drugabuse.gov/drug-facts/prescription-drugs>
- "Highlights of the 2009 Drug Abuse Warning Network (DAWN) Findings on Drug-Related Emergency Department Visits" The Dawn Report (2010) SAMHSA Retrieved 2/28/2013 from <http://www.oas.samhsa.gov/2k10/DAWN034/EDHighlights.htm>
- Mazyck, Donna Executive Director, and Embrey, Mary Louise, Substance Abuse Prevention Consultant, National Association of School Nurses. November 05, 2012 "School Nurses: Trusted Student Health Professionals and Agents of Substance Abuse Prevention". Office of National Drug Control Policy Retrieved 11/20/2012 from <http://www.whitehouse.gov/blog/2012/11/05/school-nurses-trusted-student-health-professionals-and-agents-substance-abuse-preven>
- NASN "Drugs of Abuse" (2012) Retrieved 11/20/2012 from <http://www.nasn.org/ToolsResources/DrugsOfAbuse>

## References



- Nebraska Pharmacist Association – drug disposal information - <http://www.npharm.org/content.asp?pl=4&sl=32&contentid=32>
- O'Neil, Michael G.. How Can Stimulant Abuse by College Students Be Deterred? Medscape. Feb 15, 2013
- "Parental Involvement in Preventing Youth Substance Use" (2009) National Survey on Drug Use & Health, SAMHSA
- "Parents Numb to Misuse of Narcotic Pain Medicines by Youth?" University of Michigan Health System (2013) Retrieved 2/28/2013 from [http://library.constantcontact.com/download/get/file/1104839107405-88/01232013\\_NarcoticPainMeds.pdf](http://library.constantcontact.com/download/get/file/1104839107405-88/01232013_NarcoticPainMeds.pdf)
- Preventing Drug Abuse among Children and Adolescents: Heads Up: Real News About Drugs and Your Body (2010) NIDA Retrieved 2/28/2013 from [http://www.scholastic.com/nida/nida/nida8\\_stu\\_comp.pdf](http://www.scholastic.com/nida/nida/nida8_stu_comp.pdf)
- Prescription Medications: Misuse, Abuse, Dependence, and Addiction (2006) SAMHSA Retrieved 2/28/2013 from [http://kap.samhsa.gov/products/manuals/advisory/text/0605\\_rxdugs.htm](http://kap.samhsa.gov/products/manuals/advisory/text/0605_rxdugs.htm)

## References...



- Rx for Understanding: Be Smart about Prescription Drugs (2010) NEA Health Information Network
- Schachter, Ron "A New Prescription for Fighting Drug Abuse" February 2012. Retrieved 11/20/2012 from <http://www.districtadministration.com/article/new-prescription-fighting-drug-abuse>
- "Talking to Your Kids About Prescription Drug Abuse – Not Worth the Risk, even if it's Legal" (2010) SAMHSA Retrieved 2/28/2013 from <http://store.samhsa.gov/shin/content/SMA12-4676B1/SMA12-4676B1.pdf>
- WebMD, FDA: "Prescription Drug Use and Abuse." National Institute on Drug Abuse: "Topics in Brief: Prescription Drug Abuse." National Institute on Drug Abuse: "Trends in prescription drug abuse." Reviewed by Joseph Goldberg, MD on May 31, 2012
- "What Educators Need to Know" USDHHS SAMHSA Retrieved 2/28/2013 from <http://store.samhsa.gov/shin/content/SMA09-4446/SMA09-4446.pdf>

## References...



Carol Tucker BSN, RN  
 Child & School Program Manager  
 State School Nurse Consultant  
 NE DHHS  
 Division of Public Health  
 Phone 402 471-1373  
 Fax 402 472-7049  
 Email [carol.tucker@nebraska.gov](mailto:carol.tucker@nebraska.gov)

**Thank you for attending**

