

Free Materials to Supplement Your  
Prevention Efforts

**AWAARE**

GET INFORMED.

**Mind Your Meds**

For downloadable and printable versions, visit  
[www.drugfreegarrettcountry.org/programs/prescription-drug-abuse-prevention](http://www.drugfreegarrettcountry.org/programs/prescription-drug-abuse-prevention) or call 301-334-7730. Feel free to reproduce enclosed materials.

# Free Materials to Supplement Your Prevention Efforts

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## ***Misuse & Abuse of Prescription Drugs is Dangerous***

**FACT:**

*Three out of five teens say prescription pain relievers are easy to get from a parent's medicine cabinet, and more than 50% of people who abused prescription drugs in 2010 and 2011 got them from friends or family for free.*

- Controlled substance prescriptions, such as ADHD drugs and pain pills, have a high potential for addiction. Misusing or sharing these drugs with others is a dangerous choice.
- Prevent accidental or intentional misuse of medications by safeguarding them in your home and by disposing of them properly when they are no longer being used.
- Unwanted medications can be dropped off at one of two permanent drop boxes in Garrett County: Garrett County Sheriff's Office in Oakland or Maryland State Police Barracks in McHenry.



### **As an adult, I pledge to:**

- Store my meds in a secure, out of sight place.
- Keep track of my meds at all times.
- Get rid of unused meds properly.

By signing this pledge, you are agreeing to safeguard the medicines in your home. Thank you for taking a stand against Rx drug abuse.

NAME: \_\_\_\_\_

# Attention Home Owners Protect Your Meds



**Fact:** Prescription drugs are being stolen from homes, sometimes during times when others are working in your home.

**How They Do It:** They ask to use the restroom so they can go through the medicine cabinet or they distract the homeowner so they can steal prescription medications that are visible.

**What Can You Do:** Here are three easy steps you can take to prevent drug theft while others are in your home.

1. Secure medications in the same way you would a wallet, a checkbook, jewelry or guns.
2. Place prescription drugs in a locked container, hide them in a location it would take a significant amount of time to find.
3. Remove all controlled substance prescriptions such as: pain medication ,anti anxiety drugs and all medications used for the treatment of ADD and/or ADHD.



# Not sure what to do with all that medication?



**Here are some great ideas**

- 1.** Put it away in a safe place only you know about.
- 2.** Keep track of all medications.
- 3.** Get rid of expired and unused prescriptions.

**Two convenient prescription drop boxes are located at the Maryland State Police Barracks in McHenry and at the Garrett County Sherriff's Office in Oakland.**







## Prevention News

### America's Biggest Drug Problem Isn't On The Street - It's In Our Medicine Cabinets



**Garrett County Drug  
Free Communities  
Coalition**

#### Did You Know?

- Four of the top five drugs abused by 12th graders are prescription or non-prescription medications. (*Monitoring the Future*)
- Everyday approximately 2,500 young people between the ages of 12 and 17 abuse a prescription painkiller for the first time. (*Office of National Drug Control Policy*)
- 40% of teens surveyed mistakenly believe the abuse of prescription and over-the-counter medications is safer than illegal drugs. (*Partnership Attitude Tracking Survey*)
- Approximately 70% of those who abuse prescription medications get them from the medicine cabinet. (*National Survey on Drug Use and Health*)
- Unintentional drug poisoning is the second leading cause of accidental death in the U.S. (*Centers for Disease Control and Prevention*)

### Prescription Drug Abuse Is A Growing Problem

#### Did You Know?

- Almost one in four teens (23%) reports abusing a prescription drug at least once in their lifetime. (*2013 PATS*)
- Everyday, 2000 kids get high for the first time on a prescription drug. (*DEA*)
- Drug overdoses have now surpassed car crashes as the leading cause of accidental death in the U.S. (*CDC*)

Those who use medicine to get "high" are obvious abusers. But what about those who use for other reasons, including relieving pain, improving grades, to remain alert, fall asleep, or to lose weight—what if they are attempting to alleviate anxiety or depression? No matter how "good" the reason might appear to be, if a prescription medicine is being used in an alternate manner by a person other than the patient, or if the dosage or time period is manipulated, it is considered medicine abuse.



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# ATTENTION HOME SELLERS

# Protect Your Meds



**FACT:** Prescription drugs ARE being stolen from homes for sale, sometimes during showing appointments, sometimes at open houses.

**HOW THEY DO IT:** Typically a team (perhaps as a couple, a family, or as friends) poses as prospective buyers. As one person keeps the REALTOR® busy with questions, others look for easily accessible prescription drugs to steal.

**WHAT CAN YOU DO:** Here are three easy steps you can take to prevent drug theft while your house is for sale.

- 1 Secure medications in the same way that you would a wallet, checkbook, and credit cards.
- 2 Place prescription drugs in a locked container, hide them in a location that it would take a significant amount of time to find.
- 3 Remove all controlled substance prescriptions such as: pain medications, anti-anxiety drugs and all medications used for the treatment of ADD and/or ADHD.

*Information courtesy of Suburban West REALTORS® Association*  
Provided through a partnership between the  
Garrett County Health Department and local realtors.