

# Spring Clean Your Medicine Cabinet



As prescription drug abuse becomes a leading problem among American teens, **Navajo County Coalition Against Drug Abuse** rallies with the Navajo County Major Crimes Apprehension Team, law enforcement agencies and local Safeway pharmacies to receive and properly dispose of unused and outdated prescription and over the counter medications. Scour your home medicine cabinet and return them to one of the locations below for proper disposal or follow federally recommended steps for home disposal and identity theft protection.

## New Federal Guidelines for Drug Disposal at Home

**DO NOT** flush drugs down the toilet. This practice contaminates our ground water, lakes and streams. Instead, crush tablets and mix with used kitty litter or used coffee grounds, bag and throw in the trash. Remove and destroy labels or personal identification from any prescription medication containers/packaging prior to disposal to prevent prescription identity theft.

## Safe Drug Disposal Outlets in Navajo County

Schedule II drugs (opiates, stimulants, depressants, hallucinogens) must be disposed at a law enforcement office:

**Navajo County Sheriff Offices**—Holbrook, 524-4450; Show Low, 532-6060

**Police Departments:** Holbrook, 120 E. Buffalo, 524-3991; Winslow, 708 W. 3<sup>rd</sup> St, 289-2431; Show Low, 150 N. 6<sup>th</sup> St., 357-5091; Snowflake-Taylor, 81 W. 1<sup>st</sup> St., 536-7500; Pinetop-Lakeside, 1360 N. Niels Hansen Ln, 368-8800

**Navajo County Coalition Against Drug Abuse**  
[www.navajocountydrugproject.com](http://www.navajocountydrugproject.com)  
[navcoantimeth@gmail.com](mailto:navcoantimeth@gmail.com)



## When teens want to get high **YOUR PRESCRIPTION IS AVAILABLE FOR PICK UP.**

TEENS ARE ABUSING PRESCRIPTION DRUGS THEY FIND AT HOME.  
HERE'S WHAT THEY ARE DOING—AND HOW PARENTS CAN STOP IT.

It can be medication left over from your last surgery. Maybe they're the pills you keep on the dresser or tucked inside your purse. Teens are finding prescription drugs wherever people they know keep them—and abusing them to get high. In fact, 70 percent of persons age 12 and older who abuse prescription painkillers say they get them from a relative or friend<sup>1</sup>—leading to several troubling trends:

- **Every day, 2500 kids age 12 to 17 try a painkiller for the first time.**<sup>2</sup>
- **Prescription drugs are the drugs of choice for 12 and 13 year olds.**<sup>3</sup>
- **Teens abuse prescription drugs more than any illicit street drug except marijuana.**<sup>4</sup>

What's also disturbing is they don't realize these drugs can be as dangerous as street drugs. So kids who would never try street drugs might feel safe abusing prescription drugs. Misperceptions about prescription drug abuse have serious consequences. In fact, drug treatment admissions for prescription painkillers increased more than 300 percent from 1995 to 2005.<sup>5</sup> Now that you know prescription drug abuse is a problem, here are ways parents can keep it from affecting their kids' lives:

- **Safeguard** all drugs at home. 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 the same rules with your 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.

Following these steps is a start. Let your teen know where you stand.

When you talk about drugs and alcohol, include prescription drugs in the conversation.

To learn more, visit **THEANTIDRUG.COM** or call 1-800-788-2800.

**Navajo County Coalition Against Drug Abuse**

**[www.navajocountydrugproject.com](http://www.navajocountydrugproject.com)**

**[navcoantimeth@gmail.com](mailto:navcoantimeth@gmail.com)**

1. 2006 National Survey on Drug Use and Health, SAMHSA, September 2007.

2. *Ibid.* 3. *Ibid.* 4. *Ibid.* 5. 2005 Treatment Episode Data Set, SAMHSA, 2007.