



ILLINOIS GUARD & DISCARD CAMPAIGN TALKING Rx SAFETY WITH TEENS

In 2018, more than 1,345,400 million Illinoisans were prescribed pain medication; in 2017, 2,778 Illinoisans died as a result of opioid misuse. Although most of our local teens are not misusing pain or other medications, prescription medication safety involves practices from which people of all ages can benefit. The Illinois Department of Public Health developed the Guard & Discard campaign to help raise public awareness of the importance of safe use, safe storage, and safe disposal of prescription painkillers in preventing opioid misuse. Here are some things parents can talk about with teens.

3 PREVENTION IDEAS ABOUT MEDICATIONS THAT PARENTS & TEENS SHOULD KNOW

1. If a dentist or doctor prescribed pain medicine, the patient can try over-the-counter medication first. Swelling from “wisdom tooth” extraction and other procedures or injuries can sometimes be managed with scheduled dosing of ibuprofen or other nonaddictive medicines. Talk to your doctor or pharmacist about whether this might be an option. If pain medication is needed, a supply for a day or two may be sufficient. Excess pills can be relied upon, forming a dependence, or end up being used by someone they weren’t prescribed for.

2. Know where your medications are and how much you have at all times. Medications can still be within reach but stored in a bedroom rather than shared bathroom or kitchen where visiting curious teens can gain easy access. Your medications should always be returned to a safe location not visible to others after each use. This is true for pain medicine, ADHD medication, and cough syrups. In fact, if any habit-forming substance is brought onto the premises, whether tobacco, alcohol, or marijuana, it must be monitored and kept from use by those who are underage. A household safe, prescription lock box, or medicine cabinet with locking mechanism work well.

3. Safe medication disposal drop-off sites. The Community Alliance for Prevention lists 11 local drug drop-off locations [here](#).



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Being themselves, happily & confidently, participants at 2020 Snowball celebrate 35th year!

RESOURCES FOR YOU

- Surgeon General
- National Institute on Alcohol Abuse and Alcoholism
- Substance Abuse and Mental Health Services Administration
- Centers for Disease Control and Prevention
- National Institute on Drug Abuse

IN PARTNERSHIP WITH

The Power of Choice is a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, KidsMatter and District 203 and 204 Parents. Survey and data analysis provided by Center for Prevention Research and Development (CPRD) at the University of Illinois.

POWER OF CHOICE CONTACT

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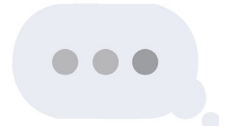
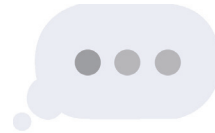


FUNDING

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This poster is now up in schools! Did you know that 85% of our local District 203 & 204 high school students reported that they respect their friends' decision not to use alcohol?



High School Contacts for 2020 Operation Snowball Retreats

- MVHS Mr. Solgos
- NCHS Ms. Fertel
- NNHS Mrs. Costanza
- NVHS Mr. Geras and Mrs. Marple
- WVHS Mrs. Ratchev

Click [here](#) to get the information and forms to register!

APRIL 17-19, 2020 IS SPRING SNOWBALL
 REGISTRATION OPENS FEBRUARY 24
 REGISTRATION CLOSSES MARCH 16

Connect with us on social media!



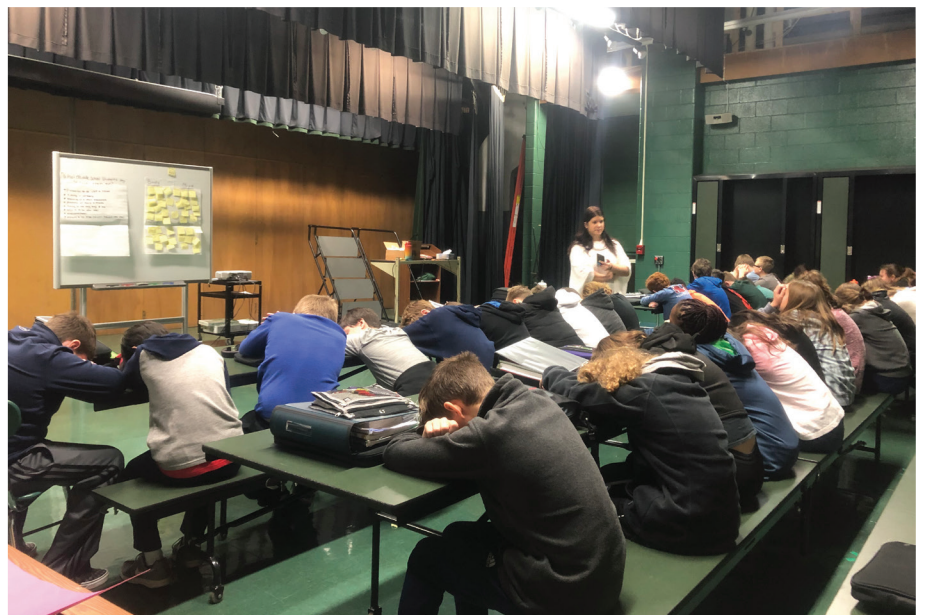
PARENT COMMENTS FROM FALL 2019 SNOWBALL RETREAT EVALUATIONS

- Great program to help teens navigate their teenage years.
- Worthwhile investment of your child's time.
- Where kids feel safe to express themselves and be accepted.
- A wonderful experience in a sharing and caring environment.
- Affirming and encourages students to be themselves, happily and confidently.
- A great opportunity to build connections, resources, and skill sets for positive coping skills.
- Where kids feel safe to express themselves and be accepted.

Did you know that teens whose parents talk with them about not using alcohol, marijuana and other drugs are more likely to avoid them? Teens say that their parents are the most reliable source to get guidance regarding alcohol and other drug use. Keep having conversations, and listen to what your teens have to say.



Sharing the risks associated with substance use, such as the academic, sports, family and legal consequences is part of how you make a difference. Parents can share family expectations to help establish clear guidelines and consequences. Teens who refuse alcohol and other drugs when faced with the choice often have an awareness that their parents support their decision.



Member of the Power of Choice team in action presenting middle school stress management skills.