

REACH OUT

Know the substance abuse facilities and other resources in your community. If you discover a problem, immediately contact professionals in your area. Ask your child's physician and school counselors for referrals. The following resources may also be helpful:

- **DrugFree.org: Parent Toolkit:** <http://www.drugfree.org/the-parent-toolkit>
This site provides tips to help raise drug-free kids.
- **Drug Enforcement Administration: Prescription for Disaster: How Teens Abuse Medicine:** https://www.getsmartaboutdrugs.gov/sites/getsmartaboutdrugs.com/files/publications/DEA_PrescriptionForDisaster-2018ed_508_0.pdf
This publication outlines the risks in prescription drug misuse.
- **National Institute on Drug Abuse: Preventing Drug Use Among Children and Adolescents:** https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/preventingdruguse_2_1.pdf
This publication provides a wealth of information on all aspects of the teen drug risk:
- **National Institute on Drug Abuse: Opioid Prescribing Resources:** <https://www.drugabuse.gov/nidamed-medical-health-professionals/tool-resources-your-practice/other-opioid-prescribing-resources> This site provides resources specifically about opioids.
- **National Institute on Drug Abuse: Pain Medicine (Oxy, Vike) Facts:** <https://easyread.drugabuse.gov/content/pain-medicine-oxy-vike-facts>
This site provides a wealth of information on opioid and pain drug misuse.
- **Get Smart About Drugs:** <https://www.getsmartaboutdrugs.com/>
This site is a DEA resource that provides information for parents, educators, and caregivers.
- **Choose Your Path:** <https://teens.drugabuse.gov/videos/choose-your-path>
These video activities reinforce students' drug use refusal skills.
- **Disposal of Unused Medicines, What You Should Know:** <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm>

WORKS CONSULTED

<https://www.drugabuse.gov/publications/drugfacts/over-counter-medicines>

Each dollar spent on preventing drug abuse
can save communities up to
five dollars in drug treatment costs.

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