



The Advanced Times

Advanced Counseling Services

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TEENS AND PRESCRIPTION DRUG USE: Latest Epidemic Among Our Future Generation

'Pharm parties,' - the latest form of entertainment among teenagers. Everyone raids their parents medicine cabinets, brings the pills in a baggie and throws them into a bowl at someone's house and everyone just randomly grabs a handful (much like reaching into a bowl of mixed nuts, M & M's, etc). However, these include drugs like Vicodin, Oxycontin, Xanax, pain pills, etc. [hence the name 'pharm' for pharmaceuticals]

The Partnership for a Drug Free America (PDFA) released a study this year that found, 1 out of every 5 teenagers has abused a prescription pain killer. The most popular drug of choice amongst teens is

Vicodin, reportedly used by 4.3 million teens, followed by Oxycontin. Teens are also abusing Xanax and Adderall and most believe that since these drugs are prescription drugs, they are safe.

Teens (ages 12-17) are using stimulants, tranquilizers, sedatives, pain relievers and it affects every race in America. Often listed as "unintentional drug poisoning deaths", prescription drug overdoses among teens exceeded suicides and death by car accident in some 20 states.

Drug overdose deaths have doubled in the last five years and researchers at the Center for Disease Control believe the increasing misuse of prescription

drugs by those ages 15 to 24 accounts for the majority of the statistic.

If teens aren't getting them from the medicine cabinet at home, they can easily buy them at school or off the street.

Teens +



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DID YOU KNOW:

Prescription drugs are the most commonly abused drugs among 12-13-year-olds.

Teens are abusing prescription drugs because they believe the myth that these drugs provide a medically safe high and three out of 10 teens (6.8 million) believe prescription pain relievers are not addictive.

The majority of teens get prescription drugs easily and for free, often from friends and relatives.

Side note:

Fake or synthetic marijuana is legally being sold at gas stations & convenience stores under the names "Spice" K-2 or "Mr. Nice Guy." Symptoms include: dizziness, nausea, agitation, abnormally fast

What Can You Do As A Parent?

If you suspect your teen has been abusing any substance, look for signs. Some of the most common characteristics are: personality change, irritability, a lasting cough, drop in grades, starting arguments, sudden mood changes, glazed eyes, increased sleep habits and requests to be left alone. If

these things aren't normal for your teen, talk to them. Studies also support the fact that parents who are more involved with their teens are less likely to have a teen with drug problems.

- Be aware of what medications are in your home and keep pain

pills, tranquilizers, etc. in a safe place .

- Talk about the serious risks of abusing any prescription drug that is not theirs.
- Help them cope with stress and sadness without drugs.
- **STAY EDUCATED!**

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