



Prescription Opioid Misuse Prevention

ATHLETIC TRAINER & COACH EDITION



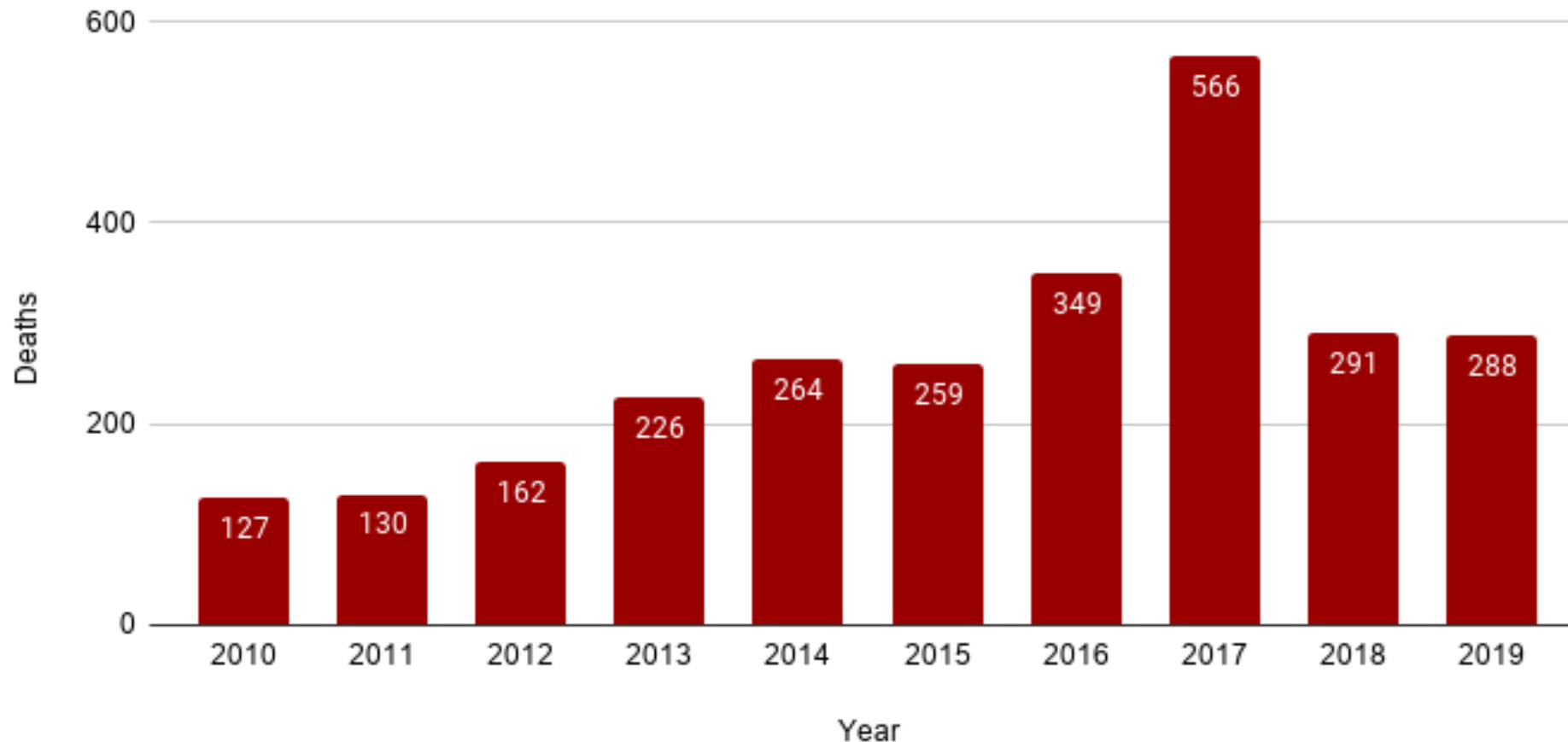
Objectives

- Understand the scope of the drug overdose problem
- Explain safe v. unsafe medication practices
- Identify 2 common signs of drug abuse
- List 3 alternatives to opioids
- Identify 3 resources for professionals and families



UNINTENTIONAL DRUG OVERDOSE FATALITIES 2010-2019

Unintentional Drug Overdose Deaths Occurring in Montgomery County
2010 - 2019



UNINTENTIONAL DRUG OVERDOSE FATALITIES 2019

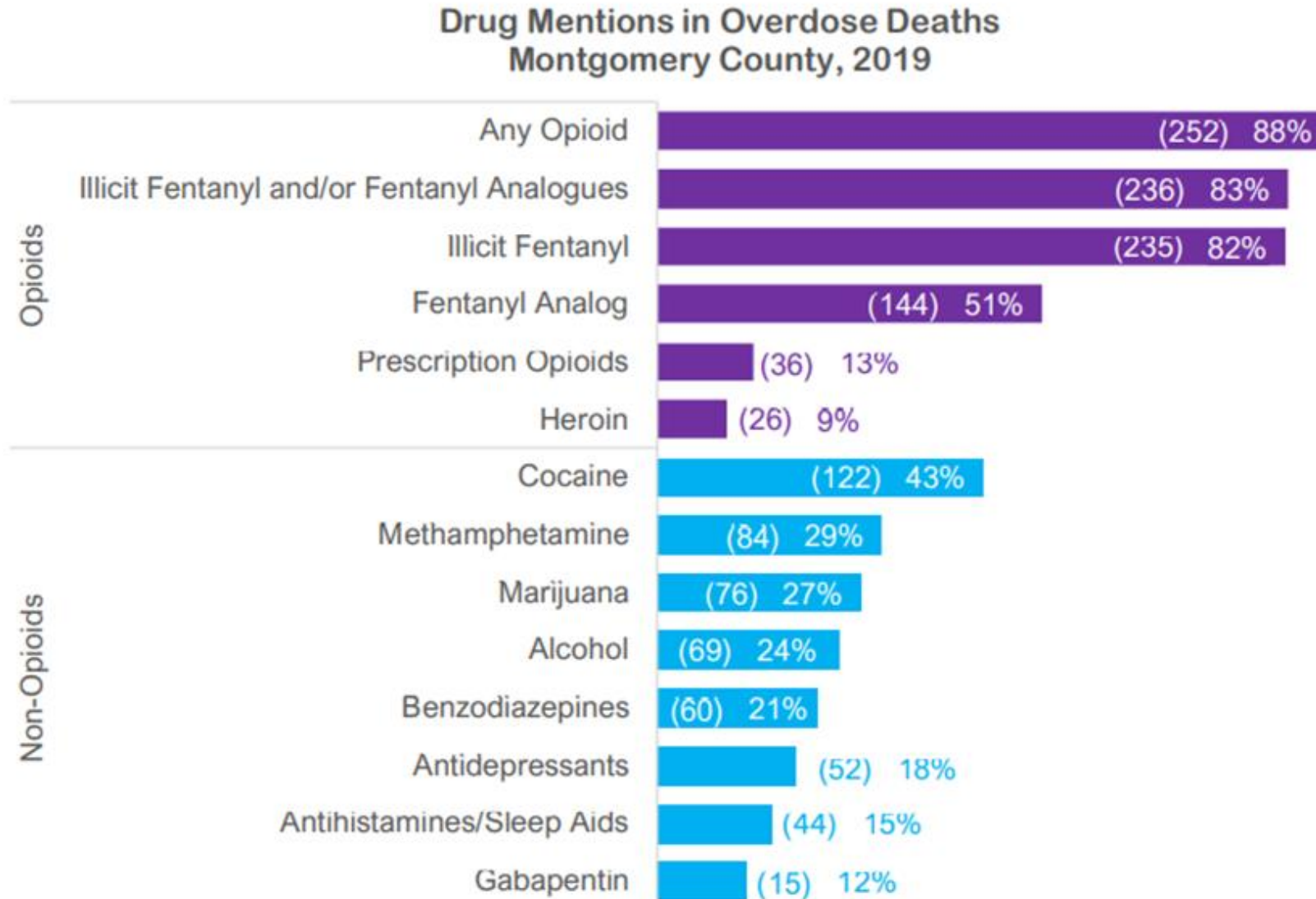


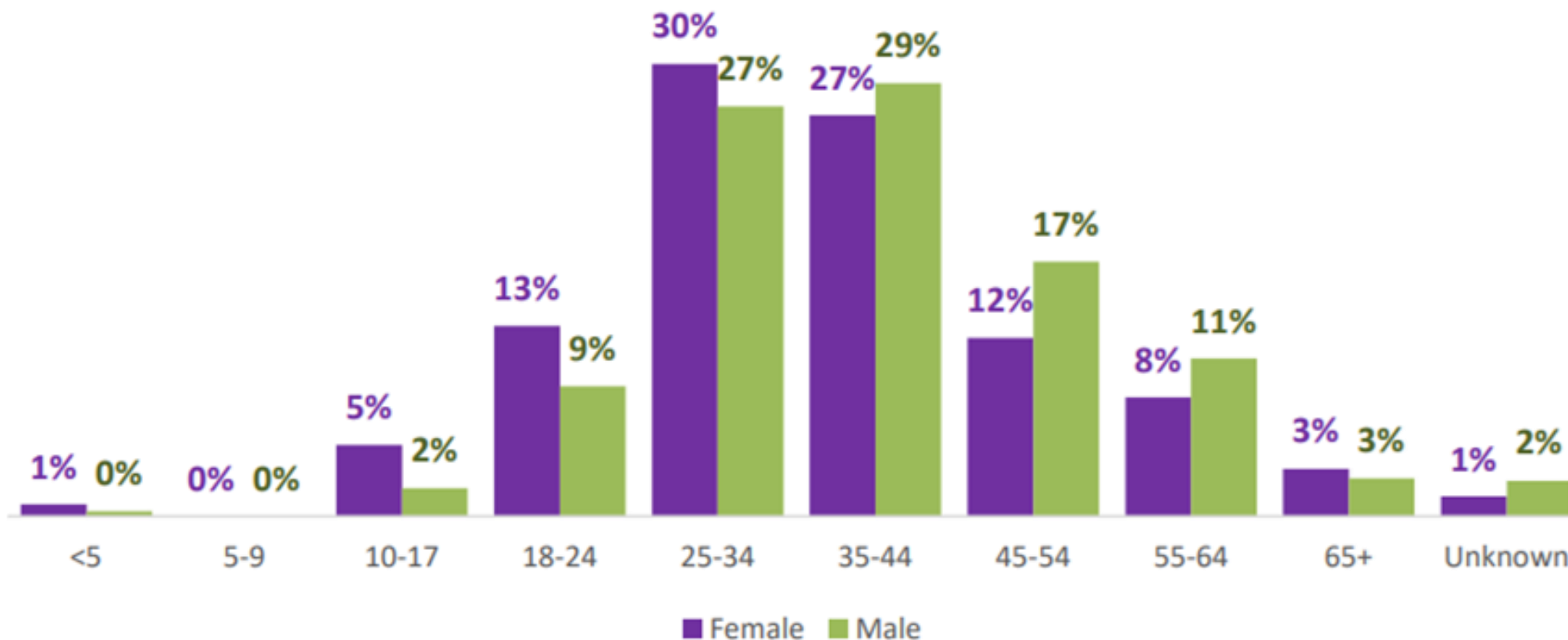
Figure 23: Drug Mentions Among Overdose Deaths in Montgomery County, 2019



OVERDOSE EMERGENCY ROOM VISITS 2020 (first half)

Age and Sex

Overdose Emergency Department Visits by Age and Sex
Montgomery County, January - June 2020





- 2 million high school athletes will be injured this year
- 1 in 4 teens has misused or abused a prescription drug at least once in their lifetime
- 86% of injection drug users started with prescription opioids



What are opioids?

Prescription pain killers that are powerful and addictive

Pharmaceutical drugs like:

- Hydrocodone (Norco, Vicodin)
- Oxycodone (OxyContin, Percocet, Percodan)
- Codeine (Tylenol #3)
- Fentanyl
- Methadone
- Morphine

Illicit drugs

- Heroin

Street names include:

- Smack
- Horse
- Brown Sugar
- Junk
- Black Tat
- Big H
- Ox, Oxy



- From 1991 to 2011, there was a near tripling of opioid prescriptions dispensed by U.S. pharmacies:
 - from 76 million to 219 million prescriptions
- A near tripling of opioid-related deaths over the same time period.



Opioid Effects

Gives a general sense of well-being by reducing

- tension
- anxiety
- aggression

Prescribed by doctors to:

- treat pain
- suppress cough
- cure diarrhea
- put people to sleep

- drowsiness
- inability to concentrate
- apathy
- slowed physical activity
- constriction of the pupils
- flushing of the face and neck
- Constipation
- Nausea
- Vomiting
- slowed breathing



Opioid Risks



- Physical & Psychological dependence
 - Physical dependence can happen in just 7 days
- Unintentional overdose
 - Signs of narcotics/opioid overdose include:
 - Constricted (pinpoint) pupils
 - cold clammy skin
 - confusion
 - convulsions
 - extreme drowsiness
 - slowed breathing



What is prescription medication abuse?



- Using or sharing any medication that is **not prescribed** to you
- Taking **too much** of a prescribed medication or taking it **too often**
- Using a medication for **any reason other** than what the prescription states



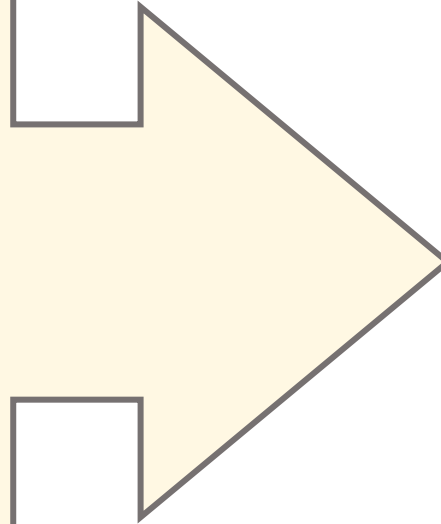
67-92%

of patients *hold onto*
unused opioids

73-77%

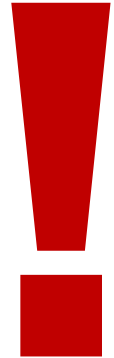
of people *do not* lock
meds

Only **9%** of people
dispose of meds by
FDA recommended
methods



70%

of people who
abuse
prescription
medications
source it from
friends and family





- More than a quarter of teens (27%) believe that misusing and abusing prescription drugs is safer than using street drugs
- One-third of teens (33%) say they believe “it’s okay to use prescription drugs that were not prescribed to them to deal with an injury, illness or physical pain.”



COMMON SIGNS OF DRUG ABUSE

- Sudden mood changes
 - irritability
 - negative attitude
 - personality changes
 - general lack of interest in sports/ team
- Withdrawing from family, teammates
- Fatigue, red or glazed eyes, and repeated health complaints
- Decreased or obsessive interest in school or work
- Decrease in sports or academic performance
- Increase in frustration, losing temper



YOUR ATHLETE HAS A SERIOUS INJURY *NOW WHAT?*





- An injured athlete needs time to heal
- Pain is a normal part of the healing process and a way to monitor recovery
- Don't medicate to play through the pain
- Break the cycle of injury, pain, medicate, re-injury



AFTER INJURY

- ✓ **Develop** a return-to-play plan
 - Proper healing is the primary objective
- ✓ **Ensure** parents/ guardians are involved
 - Even though teens can be independent
- ✓ **Share** info with key parties
 - guardians, PT, trainer, coach, physician
- ✓ **Pay attention** to the social and emotional impact
 - Find a way to keep injured player involved in the team
 - Connection and support reduces risk of substance use
- ✓ **Advocate** for the Alternatives
 - RICE, OTC meds, PT, stretching, chiropractor



- Acupuncture
- Chiropractic Care
- Massage Therapy
- Meditation
- Mental Health Therapy
- OTC Medication
- Physical Therapy
- Steroid Injections
- Stretching
- Yoga

**ASK
FOR THE
ALTERNATIVES**



Your Role



- Know your injured players and ask about their recovery process
- Ask questions like
 - “What are you doing to manage your pain?”
 - “Is there anything I can do to support your healing process?”
 - “How are you staying connected with your teammates while you are recovering?”
- Don’t push players to ‘play through pain’
- Be alert for medication misuse or sharing
- Know and advocate for alternatives



KEEP YOUR TEAM STRONG

Provide risks of medication info to parents and athletes

- At the beginning of the season
- At time of injury

Include prescription drug misuse in code of conduct

- Hold athletes accountable

Follow through in disciplining any breaks in conduct

- Even “star” players
- BUT keep them involved with team to keep them out of trouble



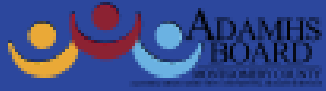
Advocate for Safe Medication Practices

- Only use prescription medications as directed by a healthcare professional
- Do not share or take someone else's medication
- Keep your medication safe
- Model safe medication practices



PREVENTING PRESCRIPTION OPIOID MISUSE

Addressing prescription drug use with your student athlete

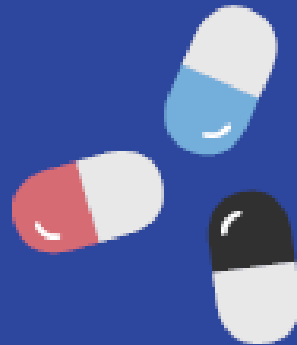


WHAT YOU NEED TO KNOW

Ohio is amid an opioid epidemic, with accidental overdoses claiming the lives of 4,028 Ohioans in 2019. 2 million U.S. high school athletes suffer a sports-related injury annually, putting athletes at a greater risk for misusing prescription opioids. But it's important that parents help their student athletes avoid this dangerous behavior. Parents can educate their student athletes on the risks of prescription opioid use, while minimizing the culture of playing through pain. Please see the information and resources below for prescription drug opioid misuse.

WHAT ARE PRESCRIPTION OPIOIDS?

Opioids are powerful prescription narcotic medications used to treat pain which include Vicodin, OxyContin, Oxycodone, Percocet, Fentanyl, and Codeine. These drugs may lead to dependence, tolerance, accidental overdose, and death when misused, or taken long term.



Did you know...

- 20% of students use a prescription opiate before 18



Share with your team!





**Share with your
colleagues**

THE POWER OF COACHING

Addressing Prescription Drug Use With Student Athletes



KNOW THE SIGNS OF PRESCRIPTION DRUG USE

In fact, 2 million U.S. high school teens suffer injuries each year. Rather than just sitting out until the injury heals, many teens are being prescribed opioids to control their pain, putting teens at greater risk of abusing prescription drugs.

Pay attention to these signs...

- Fatigue, red or glazed eyes, and repeated health complaints
- Sudden mood changes, including irritability, negative attitude, and general lack of interest in hobbies/activities
- Secretiveness and withdrawing from family
- Decreased or obsessive interest in school work

BE A RESOURCE TO PARENTS



- Talk with parents about monitoring, safely storing, and disposing of prescription medications at their home
- Remind parents and students that schools have guidance counselors, social workers, psychologists, and nurses on staff to help
- If a parent suspects their teen is abusing drugs, encourage them to get help by contacting Samaritan CrisisCare at 937-

WAYS TO BE A RESOURCE FOR YOUR TEAM



Explore GenerationRx modules to learn about safe medication practices

www.generationrx.org

Schedule a presentation for your team



starttalking.ohio.gov

Use the Parent360RX Toolkit for parents who want to know more



Sign up for TEACHable moments to share with students by going to

www.preventionactionalliance.org/about/programs/know



Want to
Learn
More?



takechargeohio.org

OPERATION:
STREET SMART

**ADULT DRUG
EDUCATION**

Franklin County
Sheriff's Office



drugfree.org



Schedule a Youth
Mental Health First
Aid training by
calling 937-853-4329
or going to
www.mcadamhs.org



GetHelpNow

MONTGOMERY COUNTY

A free app to locate addiction, mental health services & more.

*Now available for
download!*



Get Involved!



Montgomery County Prevention Coalition

Colleen Oakes coakes@mcadamhs.org or
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Education & Information Branch

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Questions?



Thank You!

For more information
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www.mcadamhs.org