

Option 2: Go to a drop box.

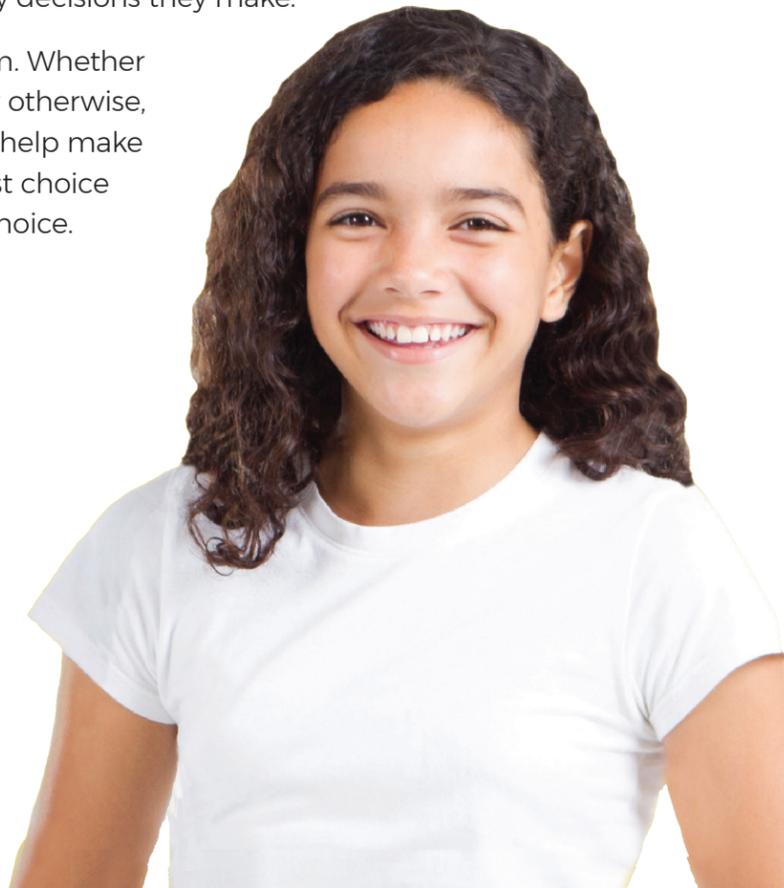
Check Mass.gov/DrugDropbox to find a waste medication collection site. Many police stations have drop boxes. Your community or local pharmacy may also have a prescription take-back program.

Option 3: Throw them away in the trash.

When disposing of medications, always remove them from their containers and put them in an undesirable substance, like coffee grounds or kitty litter. Put them in an unmarked container, like an empty can or sealable bag, and throw these containers in the trash.

What can everyone do to keep youth healthy?

- Have kids make a promise not to use over-the-counter medications or prescription drugs that were not prescribed for them. Help them prepare an answer for anyone who may offer them a prescription drug or any substance they shouldn't be consuming.
- Encourage them to get involved in their community. They can help their friends and other youth make the same healthy decisions they make.
- Reward them. Whether emotional or otherwise, rewards can help make the healthiest choice the easiest choice.



Massachusetts is supporting and implementing strategies to help reduce prescription drug misuse and has made available the following resources:

- **Mass.gov:** For information about prescription and other drug misuse, visit Mass.gov/parentpower
- **Massachusetts Health Promotion Clearinghouse:** Free DVDs, downloads, and brochures on alcohol, drugs, and other topics. Toll-free: 1-800-952-6637 | TTY: Use MassRelay at 711 or 1-800-439-2370 | <http://massclearinghouse.ehs.state.ma.us/category/BSASYTH.html>
- **Youth Central Intake & Care Coordination:** For parents with adolescents who may already be using drugs; includes information about treatment and recovery services. Toll-free: 1-866-705-2807 | TTY: 1-617-661-9051 (M-F, 9-5PM) www.healthrecovery.org
- **The Massachusetts Substance Use Helpline:** Free and confidential information about substance misuse, education, and counseling resources for adolescents, families, and adults. Toll-free: 1-800-327-5050 | TTY: Use MassRelay at 711 or 1-800-439-2370 (7 days a week) | HelplineMA.org
- **Opioid Overdose Prevention:** If opioid painkillers are an issue, talk to a physician or pharmacist about naloxone, a medication that can reverse an overdose. Individuals who are unable to afford the naloxone kit or the co-pay can receive it from the MDPH Overdose Education and Naloxone Distribution Pilot Sites. Information is available at Mass.gov/eohhs/docs/dph/substance-abuse/naloxone-info.pdf.
- **Massachusetts and Rhode Island Poison Control Center:** Free information and hotline. Toll-free: 1-800-222-1222 TTY: 1-888-244-5313 (24 hours) | www.maripoisoncenter.com
- **Always call 9-1-1 for immediate medical help.**

Their future depends on you

Together we can prevent prescription drug misuse.



Thank you for your help keeping youth healthy now and in the future.



Massachusetts Department of Public Health
Bureau of Substance Abuse Services

Protecting our youth from the dangers of prescription drug misuse starts with parents, guardians, and caregivers. You are the frontline. But you can't do it alone. **It takes everyone working together to solve this problem: families, schools, community leaders, and state and local organizations.** We all play a role in keeping our youth healthy and preventing prescription drug misuse from getting in the way of their dreams. In this guide you will find tips, facts, and strategies to help you, your child, and your community stop the misuse of prescription drugs.

What do we know?

- People who are dependent on alcohol are 18 times more likely to use prescription drugs for non-medical reasons than those who do not drink.
- Children whose parents talk to them about the risks of using alcohol and other drugs are less likely to use them.
- Programs that use evidence-based strategies are most effective in reducing the rates of alcohol and other drug use among youth. Programs can access information on the MasTAPP website (www.masstapp.edc.org) at no charge.

Remember, parents, you are the most powerful voice your teen hears.

What can parents do to prevent problems?

Be a part of the solution. Here's how to start:

- Through your actions, show your children how to safely use prescription medication. Modeling healthy behaviors, by only using medication as prescribed and that has been prescribed to you, will teach your children how to keep themselves safer.
- If your child needs medication, keep the dosage, and the bottle, under your control. Medication that is taken during the school day must be given by the school nurse or a designated authority. Heed the warnings that come with the medication.
- Keep all medications in a secure location, hidden, ideally in a locked box. For information about how to properly dispose of drugs, see the "What can you and your community do?" section.
- Talk to your kids about how dangerous prescription and over-the-counter (OTC) drugs can be, and establish a clear rule that they will not use anyone else's medications. Also visit www.cdc.gov/healthyyouth/protective/pdf/parental_monitoring_factsheet.pdf.



What can you and your community do?

Support prevention and healthy activities in your community agencies. Here's how:

- Work with local pharmacies, encouraging them to give out information with each prescription about safe storage and disposal of medicines.
- Work with substance abuse coalitions to help educate the people about the safe disposal of medications.

Here are a few ways to safely throw away unused or expired drugs

Option 1: Flush them down the toilet.

The information sheet that came with your medication may tell you to flush it down the drain because it is dangerous for other people and pets. Some of these drugs are:

- Actiq (fentanyl citrate)
- Daytrana Transdermal Patch (methylphenidate)
- Duragesic Transdermal System (fentanyl)
- OxyContin Tablets (oxycodone)
- Avinza Capsules (morphine sulfate)
- Baraclude Tablets (entecavir)
- Reyataz Capsules (atazanavir sulfate)
- Tequin Tablets (gatifloxacin)
- Zerit for Oral Solution (stavudine)
- Meperidine HCl Tablets
- Percocet (oxycodone and acetaminophen)
- Xyrem (sodium oxybate)
- Fentora (fentanyl buccal tablet)

Thank you for being a strong voice in protecting your teen's health.