

Press Release

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FOR IMMEDIATE RELEASE

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### **SAFE Coalition Encourages Seniors to Lock Up Their Meds**

On Friday, January 29th a virtual presentation was conducted by SAFE's Social Worker, Francesca Carbone, as she presented information on the annual event known as Lock Up Your Meds. Ms. Carbone collaborated with Eric Shuman, the Activity Coordinator of The Glen Cove Senior Center to continue educating its' members on keeping their medications safe from unwanted use.

Each year the collaborators work together to highlight this national multi-media campaign that's designed to reduce prescription drug abuse by making adults aware that they could be the "unwitting suppliers" of prescription medications. The presentation educated seniors about the measures they can take to prevent prescription medication abuse in their home. The abuse of prescription medication by youth and teens is unfortunately on the rise, as teens believe prescription medications provide a legal and "medically safe high." However, what teens don't realize is that doctors prescribe certain medications based on their patient's age, weight, and condition. Thus, when those medications are consumed by someone other than the patient it can present a serious health hazard.

Teens are likely to be under misperceptions that medications are less addictive and dangerous than street drugs, and how in today's society more and more teens are attending "Pharm" or Rainbow Parties", where a variety of prescription medications are put into a bowl or spread out on a table and are then randomly ingested by the attendees. To add more harm to the prescription drug abuse among youth, they are also ingesting the medications with the alcohol supplied at these so called "pharm parties". According to the National Institute on Drug Abuse (NIDA) prescription and over-the counter drugs are known to be the most commonly misused substances by Americans age 14 and older, after marijuana and alcohol.

What is important to take away from this presentation is that the first line of defense in prescription drug abuse prevention starts in the home. The virtual powerpoint presentation can be viewed on the Glen Cove Senior Center's Facebook Page at <https://fb.watch/3nSGhxAk6>.

SAFE, Inc. would like to thank Eric Shuman and Christine Rice, Executive Director at the Glen Cove Senior Center, for allowing us to continue this important event on their virtual platform.

For more information about the Lock Up Your Meds campaign please visit [www.drugabuse.gov](http://www.drugabuse.gov). or [www.lockyourmeds.org](http://www.lockyourmeds.org).

The National Institute on Drug Abuse (NIDA) is a United States federal-government research institute whose mission is to "lead the Nation in bringing the power of science to bear on drug abuse and addiction". For more information please visit [www.drugabuse.gov](http://www.drugabuse.gov).

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention and education agency in the City of Glen Cove. Its Coalition is conducting an opioid prevention awareness campaign entitled, "Keeping Glen Cove SAFE," in order to educate and update the community regarding opioid use and its consequences. To learn more about the SAFE Glen Cove Coalition please follow us on [www.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition) or visit SAFE's website to learn more about the Opioid Epidemic at [www.safeglencove.org](http://www.safeglencove.org).