

Press Release

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FOR IMMEDIATE RELEASE

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### **SAFE Glen Cove Coalition: October is National Medicine Abuse Awareness Month**

National Medicine Abuse Awareness Month (NMAAM) is a national campaign, observed throughout the month of October to raise public awareness about the dangers of prescription and over-the-counter medicine misuse. The campaign was developed by Community Anti Drug Coalition's of America (CADCA). According to CADCA, one in four young adults has misused a prescription drug and one in thirty seven youth, ages 12-17, has misused cough medicine to get high from its dextromethorphan ingredient.

Each generation of youth look for new ways to get high. Recent trends indicate they are increasingly turning to prescription (Rx) or over-the-counter medicines. Teens report getting many of these medicines from home medicine cabinets and mistakenly believe that abusing them is "safer" than other drugs. According to surveys from the National Institute on Drug Abuse, 20% of teens say they have taken a prescription drug without having a prescription for it themselves. While prescription medicines benefit many different people for many different conditions, when used appropriately they are being increasingly misused. According to CADCA, behind only marijuana, the most common drugs teens misuse are prescription medications such as Opioids and pain relievers (Vicodin/OxyContin); Barbiturates and benzodiazepines (Valium/Xanax) and ADHD medications such as Ritalin or Adderall.

Talking to your teen about prescription and over the counter cough medicine misuse is critical. Teens listen, even if they act like they don't. In fact, teens who learn about the risks of drugs from their parents are 50% less likely to use drugs. CADCA further encourages parents to safeguard their medicine cabinets. Know what you have and how much, so you will know if anything is missing and discard any medicines you no longer need.

The campaign serves an ideal launching pad for medicine misuse prevention efforts. NMAAM will be observed with youth in SAFE's after school Life Skills Training Program, an evidence based drug prevention program implemented at Glen Cove Elementary and Middle schools that incorporates interactive learning, social skills building, specific drug use prevention-related information.

On September 17th the SAFE Glen Cove Coalition, the Mayor's office, and Police Department held their annual Shed The Med's event whereby residents properly discarded their unwanted medications. Over 100 lbs of medication were collected.

In January, SAFE will educate seniors at the Glen Cove Senior Center about safeguarding their medicine cabinets with a presentation entitled “Lock Up Your Med’s”.

SAFE is the only alcohol and substance use prevention agency in the City of Glen Cove. It’s 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 [www.safeglencove.org](http://www.safeglencove.org).