

# RED ROCK RPC

# October 2016

## October is National Medicine Abuse Awareness Month

Red Rock RPC would like to inform you that October is CADCA's (Community Anti-Drug Coalitions of America) National Medicine Abuse Awareness Month. At one point or another, we've all used prescription drugs or over-the-counter (OTC) medicines to alleviate an illness – whether it's to relieve pain or curb a cough. Unfortunately, too many young people and adults are abusing these drugs for a quick high.

Nationally, prescription drugs are the second most abused category of drugs after marijuana, with one in five young adults reporting that they have abused a prescription drug.<sup>1</sup> In addition, the 2011 Monitoring the Future Survey found that 5 percent of teens have abused over-the-counter cough medicines containing the active ingredient dextromethorphan to get high over the past year. When abused in extreme excess—sometimes as much as 25 to 50 times the recommended dose—dextromethorphan can produce dangerous side effects, especially when combined with alcohol, illicit drugs, or certain prescription drugs.

[www.preventrxabuse.org](http://www.preventrxabuse.org)

There are many ways to get involved in National Medicine Abuse Awareness Month. For activities and more resources, please visit [www.preventrxabuse.org](http://www.preventrxabuse.org).

You can also get involved by contacting your local RPC. Red Rock RPC's Mission is to encourage individual responsibility, positive behavior, and personal growth; strengthen families and communities; promote a drug-free society through education, training, prevention, research, advocacy, and environmental strategies. For more information, contact RPC Director, Lauren Greenfield, at 405-422-8873, or visit [www.redrockrpc.com](http://www.redrockrpc.com).

### Did You Know?

- **Dispose of Unused prescription drugs at your local drop box today! To find a drop box near you visit [www.ok.gov/obnndd](http://www.ok.gov/obnndd)**

- **Oklahoma's Social Host Law means that if you let underage drinking occur at your house or on your property, you will get fined , up to \$500 for the first offense.**

**OKLAHOMANS  
WHO HOST  
STAND TO **LOSE**  
THE MOST**

*Don't give people under 21 a place to drink.*

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# What's Happening?

October

2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

- Canadian County Coalition
- Noon, El Reno

- Yu-Can Coalition
- 11:45, Yukon

- Grady County Coalition
- Noon, Chickasha



Happy Halloween

## FREE RESOURCES!

If you would like to order free clearinghouse materials regarding Alcohol, tobacco, or other drugs please visit [www.odmhsas.org/resourcecenter](http://www.odmhsas.org/resourcecenter).

Most young people ages 12 to 17 do not drink. However, in 2014, about 2.9 million young people, or about 1 in 9 adolescents, reported alcohol use during the past month.<sup>1</sup>

Talk with young people early and often about the dangers of underage drinking. With your help, we can make sure that young people understand that they do not need to drink to fit in, have fun, or deal with the pressures of growing up. For more information, please visit [www.toosmartostart.samhsa.gov](http://www.toosmartostart.samhsa.gov).

<sup>1</sup> Center for Behavioral Health Statistics and Quality. (2015). Behavioral health trends in the United States: Results from the 2014 National Survey on Drug Use and Health (HHS Publication No. SMA 15-4927, NSDUH Series H-50).