

# Red Rock RPC

## OCTOBER 2017

### October is National Medicine Abuse Awareness Month!

Did you know that one in 5 young adults has abused a prescription drug? Most teens who misuse prescription drugs get them for free from a friend or relative. Opioids and stimulants are the most common prescription drugs that teens “borrow.”

Source: [www.preventrxabuse.com](http://www.preventrxabuse.com) & [teens.drugabuse.gov](http://teens.drugabuse.gov)

Red Rock RPC would like to inform you that October is CADCA’s (Community Anti-Drug Coalitions of America) National Medicine Abuse Awareness Month (NMAAM). 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. 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).

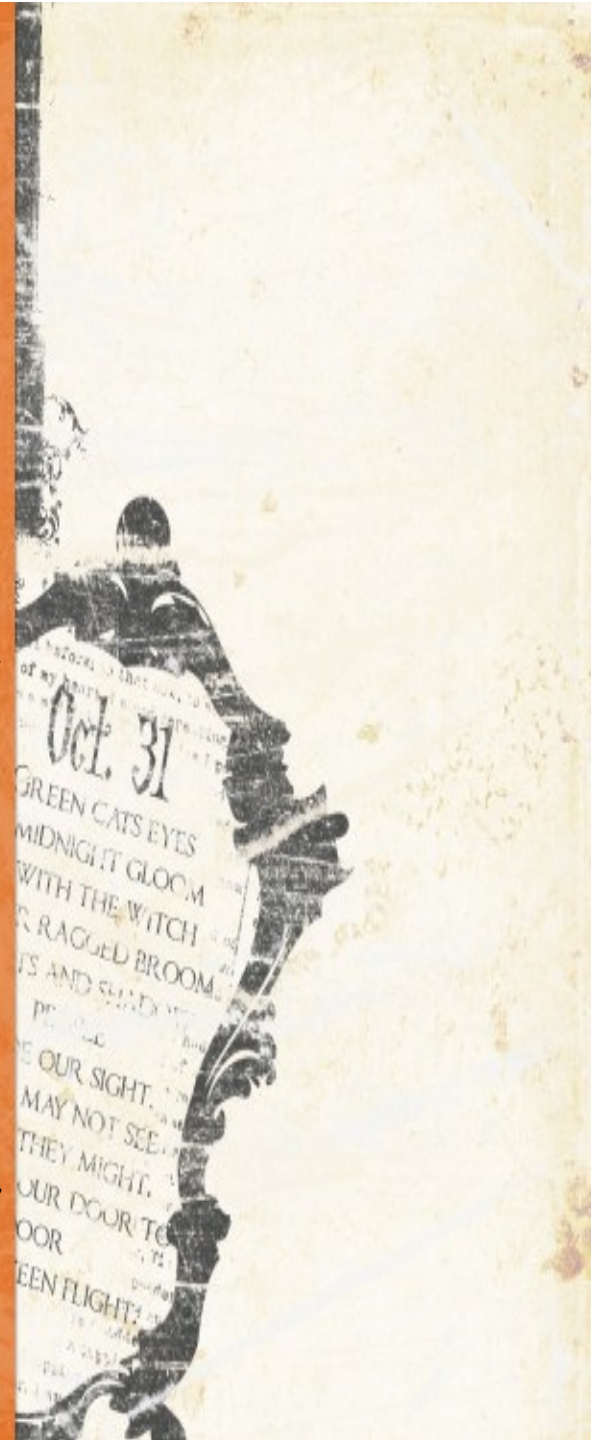
You can also get involved by contacting your local RPC. Red Rock RPC’s Mission is to encourage individual responsibility, positive behavior, and personal growth; strengthen families and communities; promote a drug-free society through education, training, prevention, research, advocacy, and environmental 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/obndd](http://www.ok.gov/obndd)
- ◆ Visit [www.TakeAsPrescribed.org](http://www.TakeAsPrescribed.org) for more information on safe use, safe disposal, and safe storage of prescription drugs.



Regional Prevention Coordinator-Region 13 is funded by the Oklahoma Department of Mental Health and Substance Abuse Services



# OCTOBER

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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				

Canadian County Coalition for Children & Families @ Noon in El Reno

Yu-Can Coalition @11:45 in Yukon

Grady County Coalition @Noon in Chickasha

Columbus Day

Halloween



## RPC Contact Information!

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## 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).

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.*