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Prescription Drug Problem & How You Can Help

Prescription drug abuse is still one of Oklahoma's fastest growing problems. On average in our state, one person dies every day from an opioid overdose¹. Anyone can be at risk for a drug overdose if they are not taking medication as directed or with a valid prescription. There are many things a person can do to help prevent the prescription drug problem. The Red Rock Regional Prevention Coordinator (RPC) is asking community members to recognize the problem and help prevent it by following these steps:

- **Avoid Opioids.** According to the Centers for Disease Control, there are safer options for pain management and you should discuss those with your doctor.
- **Never Share.** Do not share your prescription medications; it is dangerous and illegal.
- **Safeguard Your Meds.** Keep your medications locked and secured in a safe place to prevent theft and child poisonings. Don't keep leftover medicine; it can be disposed of safely by dropping them into a local prescription drug drop box located at your local Sheriff's Office or other locations listed by visiting <https://portal.obn.ok.gov/takeback/default.aspx>
- **Carry Naloxone.** If you or someone you know is at risk for overdose, get a naloxone kit and keep it close. Red Rock BHS located at 90 N 31st in Clinton, OK has kits available for FREE.
- **Develop Coping Skills.** There are many benefits to learning and practicing healthy coping skills; they can help us prevent or reduce stress and positively impact how experience pain.
- **Talk Early, Often.** Talk to your children about drug harms; they earlier they learn, the better they are protected. It's never too early and never too late to start a conversation².

The 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. The idea is to equip communities, organizations, law enforcement, schools, and other community members so that they may have an impact on solving local problems and setting local norms.

Red Rock RPC is funded through the Oklahoma Department of Mental Health and Substance Abuse Services. For more information on services please contact Red Rock RPC at (580)323-9736 or visit the RPC website at www.redrockrpc.com.

¹ <http://okimready.org/the-epidemic/>

² <http://okimready.org/prevention/>