

RPC Newsletter

February 2020

What Can You Do?.....

Opioid overdoses and deaths are an epidemic that have been on the rise in our state. Opioids include prescription medications used to treat pain as well as illicit drugs such as heroin.

Part of Oklahoma's Prescription for Change includes:

1. **Avoiding opioids.** Opioids come with serious risks. According to the CDC, there are safer approaches that are more effective for pain management. Ask your doctor for all the options to manage pain.

2. **No sharing.** Never share or use another person's prescription opioids – it's dangerous and illegal. Instead of helping, you may be putting yourself or someone else on a dangerous path.

3. **Safeguards.** Keep opioid medications locked away to prevent theft, child poisoning, and other harmful exposures. Monitor your medicines for missing or outdated pills. Don't keep leftover medicine – dispose of them safely at a local medication [drop box](#), mail-back program or use [FDA recommended home disposal](#).

4. **Carry Naloxone.** If you or someone you know takes opioids, they may be at risk for overdose. Get the naloxone kit, keep it close, and know the signs of emergency overdose.

5. **Coping Skills.** The benefits of learning and practicing healthy coping skills are many. These skills can help us better manage difficult circumstances, prevent or reduce distress and positively influence how we experience pain.

6. **Talk Early, Often.** Young people who learn about drug harms at an early age are better protected from future problems than kids who don't receive these messages. Have frequent conversations with your children and others – it's not too early and it's not too late.



OK, I'M READY TO *help*.

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.

Happy Valentine's Day

RPC STAFF

Ashley Cline

Director of Prevention Programs

405-422-8871

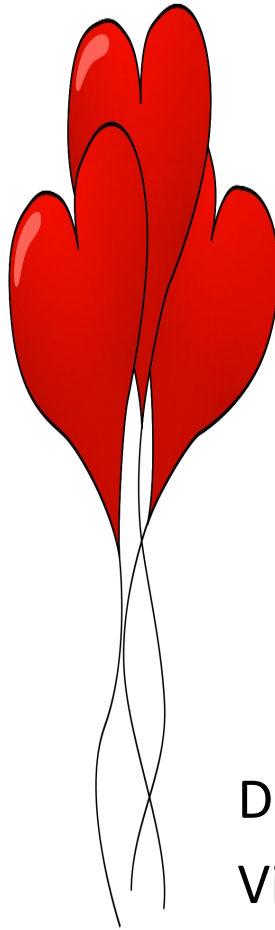
ashleyc@red-rock.com

Lynsi Mayfield

RPC Director

580-323-9736

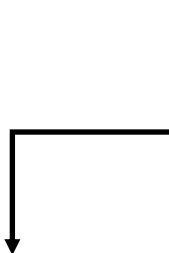
lynsim@red-rock.com



Upcoming Meeting/ Important Dates

- 2/10/20-Kiowa County Coalition Meeting-1pm-Health Dept. Hobart, OK
- 02/12/20-CCIC-12pm-RISE Office Anadarko, OK
- 02/13/20-CHAT-12pm-Veteran's Center Clinton, OK
- 2/19/20-2/20/20-OK Traffic Summit-Norman, OK
- 2/25/20-OPPA-11am-Gateway to Prevention Shawnee, OK

Do you need Naloxone?
Visit Red Rock BHS located at 2050 N Airport Road in Weatherford, OK for a free kit!



**If you have Opioid medications
in the house you need Naloxone.**