

So ROCK

OUR MISSION

The Southern Rockingham Coalition for Healthy Youth is helping to promote, support, and sustain healthy choices for children, youth and families in our communities by actively working to reduce and prevent alcohol, marijuana, prescription and other drug misuse.



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SoROCK IS A DRUG FREE COMMUNITIES (DFC) GRANT FUNDED COALITION

The DFC Support Program is a collaborative effort between the Office of National Drug Control Policy (ONDCP) and the Substance Abuse and Mental Health Services Administration (SAMHSA).

SoROCK works in collaboration with the Community Prevention Collaborative of the Greater Derry Public Health Network (CPC); NH Department of Health and Human Services (NHBDAS); Life of an Athlete - A Program of New Hampshire Interscholastic Athletic Association (NHIAA); and the New Hampshire Center for Effective Behavioral Interventions and Supports (NHCEBIS) at Southeastern Regional Education Service Center, Inc. (SERESC)



ATTENTION ATHLETES



LEARN THE RISKS when Managing Pain

- You have a sports related injury...
- Your doctor has prescribed you a narcotic/opioid to manage your pain during recovery... What next?

This information in this brochure is intended to educate injured student athletes and their caretakers about prescription pain medication, its benefits and its risks.



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Southern Rockingham Coalition for Healthy Youth



Opioids are Powerful

Opioids are powerful drugs that depress the central nervous system, slow down body functioning, and reduce physical and psychological pain.

Taken as directed, opioids can manage pain effectively when used for a short period of time. Long-term daily use of opioids leads to physical dependence. That is why minors who use prescription opioids must be screened and closely monitored by their caretaker and physician.

Examples of prescribed opioid medications include:

- **Codeine:** an ingredient in some cough syrups and in one Tylenol® product
- **Hydrocodone:** Vicodin®, Lortab®, or Lorcet®
- **Oxycodone:** Percocet®, OxyContin®, or Percodan®
- **Hydromorphone:** Dilaudid®
- **Morphine:** MSContin®, MSIR®, Avinza®, or Kadian®
- **Propoxyphene:** Darvocet® or Darvon®
- **Fentanyl:** Duragesic®
- **Methodone**

Lock it up!

ATTENTION Caretakers...Lock it up!

Picture this...your normally active child is on Day 5 of his/her prescription pain medication and successfully recovering from surgery. The doctor tells him/her to remain inactive for another week to ensure proper healing. You decide it is fine to return to work while your child continues to recover at home alone. You leave the medication on the counter so your child can easily access the next prescribed dose. Your child, *whom is extremely bored*, decides it might be fun to take an extra pill or two and continues to do so for the next couple of days...and *the unintended road to addiction begins.*

Avoid this situation completely by securing the pain medication in a lockbox like this example and store it in a place that only you know about.



Safely Dispose of Unused Meds

Safely dispose of unused prescription medication from your home as quickly as possible to help reduce the chance that others may accidentally take or intentionally misuse the unneeded medicine.

To find an authorized drug disposal location in your area visit the Drug Enforcement Agency's website below:

<https://www.deadiversion.usdoj.gov/pubdispssearch/spring/main?execution=e1s1>



Back to the Field

Though sports injuries can be incredibly painful, discouraging and sometimes even depressing, it is very important to understand that being forced to take a few months off to recover will **NEVER** be worse than unintentionally finding yourself lost in the world of drug addiction.

Remain the positive force sports have trained you to become and everything else will fall into place.

"Had I known pain pills and heroin were so tied together, I would've monitored the painkiller a lot more. I would've had a week to 10 days of pain pills and then switched him to ibuprofen."

says Jennifer Weiss-Burke, who lost her son Cameron to a heroin overdose and later formed an organization in New Mexico, Healing Addictions in our Community.