



Building a safe and healthy environment  
by effectively educating the community  
on positive life choices.

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**DONATE TODAY!**



**The Abuse of Prescription Drugs**

October is Prescription Drug Abuse Awareness month. All you have to do is turn on the TV, listen to the radio or view ads on the Internet or in the newspaper to see and hear about the latest medicine that can cure migraines, treat pain and stress, keep you more alert, help you sleep or address depression. We walk that fine line between ensuring access to needed medications to preventing misuse, abuse and addiction.

In this age of a “pill for every ill,” we live in a society where the potential for prescription drug abuse and addiction is ever-present. Among teens and young adults, next to alcohol and marijuana, Rx drugs are abused the most. Young adults (age 18 to 25) are the biggest abusers of prescription opioid pain relievers, ADHD stimulants and anti-anxiety drugs. Many teens and young adults still believe that Rx medicines are safer to abuse than illegal drugs.

Prescription drugs are also easy to obtain. A 2015–16 Chautauqua County Youth Survey indicates that students who have used prescription drugs have either obtained them from a friend or relative or found them at home. Nationally, approximately 2,000 teens misuse or abuse Rx drugs for the first time every day. They do it for all kinds of reasons, including to get high or because they think prescription stimulants will help them study better.

As such, some teens and young adults will fall down that slippery slope of abuse and a diagnosis of a substance use disorder. Before you can say, “Not my child,” you may find yourself saying, “it is my child—now what?”

We need to protect our teens and young people. Be part of the solution. Start by locking up your meds and properly disposing them when they are no longer needed.

Remember safe use, safe storage, safe disposal. Then, get involved! Talk with your teen or young adult. Create a foundation for kids to establish healthy, medicine-taking practices that will last a lifetime.

**MOTIVATIONS FOR USE**

Most young adults say they use Rx drugs to



ABOUT US...Since 1974, Chautauqua Alcohol & Substance Abuse Council (CASAC), a United Way partner agency, has provided prevention education and community awareness regarding alcohol and other drugs. CASAC is the only New York State Office of Alcoholism & Substance Abuse Services (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about CASAC's programs and services, call the Jamestown office at 664-3608, the Dunkirk office at 366-4623, or go to CASAC's website, [www.casacweb.org](http://www.casacweb.org).