



CELEBRATE RED RIBBON WEEK OCTOBER 23-31, 2011

Red Ribbon Week is the oldest and largest drug prevention campaign in the country. It serves as a vehicle for communities and individuals to take a stand against alcohol and drug use by making a commitment to live alcohol and drug free lives.

IT'S UP TO ME TO BE DRUG FREE

ARE YOUR MEDS SECURE?



Abusing prescription drugs is becoming increasingly common among teens and adults. Because prescription drugs are prescribed by a doctor there is a myth that they are safe. However, it is not safe to use someone else's prescription drugs or to misuse drugs that are prescribed to you.

Misuse and abuse of these drugs is reaching epidemic proportions in our nation. According to the 2009 National Prescription Drug Threat Assessment, individuals abusing painkillers and other narcotics often switch to heroin.

Regardless of our age, we all need to do our part to prevent prescription drug abuse in our community by monitoring, securing and properly disposing our medications. It is our voice, our community and our opportunity. Start taking action by checking your medicine cabinets, talking to family and friends about this issue and learning more about the warning signs of prescription drug use.

DID YOU KNOW?

- 1 in 5 teens report abusing prescription drugs.
- Young people who get addicted to prescription narcotics like Vicodin® or OxyContin® often switch to heroin.
- When prescription drugs and over-the-counter medications are misused or abused they can be harmful, even deadly, especially when combined with alcohol or other drugs.

GET INVOLVED, JOIN OUR EFFORT!

Kalamazoo County
Substance Abuse Task Force
611 Whitcomb, Suite A
Kalamazoo, MI 49008

269.388.4200
269.388.2070 fax
kzootaskforce.com

HELPFUL WEBSITES

theantidrug.com
whitehousedrugpolicy.gov
drugfree.org/notinmyhouse
prescription-drug-abuse.org
nida.nih.gov





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WHAT YOU CAN DO

Role play with your kids

Explain to your kids that saying “no” to friends can be very hard sometimes. Your kids may be afraid of what their friends will think of them if they don’t go along with them. Here is a good way to practice saying “no” with your kids so that they are prepared to respond to peer pressure. Help them practice these steps:

- 1) Say what the problem is (that’s dangerous or that’s illegal, etc.)
- 2) Say what the consequences are (“I’m an athlete and that stuff is not good for my body”, “My parents would take away my video games/cell phone if they ever found out and I can’t take the risk!” (use humor). Some parents even purchase a home drug-screening kit to keep at home, so kids can use that as a reason to say no.
- 3) Suggest doing something else instead (play basketball, get something to eat, play a video game, etc.)
- 4) If friends insist on doing it anyway, leave. Be sure to tell them that you hope they will change their minds and join you.

**Suspect a youth of abusing illegal substances?
There are many resources available to help:**

Kalamazoo Community Mental Health
and Substance Abuse Services Access Center
373.6000 24 hours per day, 7 days per week

Family & Children Services
Mobil Crisis Response Team (MCR)
373.6000 24 hours per day, 7 days per week

The Community Health Center
343.1651

Or call **211**, a resource line that is available 24 hours
a day for crisis intervention and referral information.

- Take inventory of all medicines in your home regularly and make sure that they are monitored and secured
 - Only taking medications as prescribed to you
 - Talk to the youth in your life about the dangers of abusing medicine
 - Properly dispose of expired or unused medication*
- * Properly dispose of expired or unused medications at one of our Red Med Box locations:



**Kalamazoo Dept. of
Public Safety**
150 E. Crosstown Pkwy. Ste. A
Kalamazoo • 269.337.8101

**Kalamazoo County
Sheriff’s Office**
1500 Lamont Ave.
Kalamazoo • 269.383.8821

**Kalamazoo Township
Police Dept.**
1720 Riverview Dr.
Kalamazoo • 269.343.0551

Portage Police Dept.
7810 Shaver Rd.
Portage • 269.329.4560



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