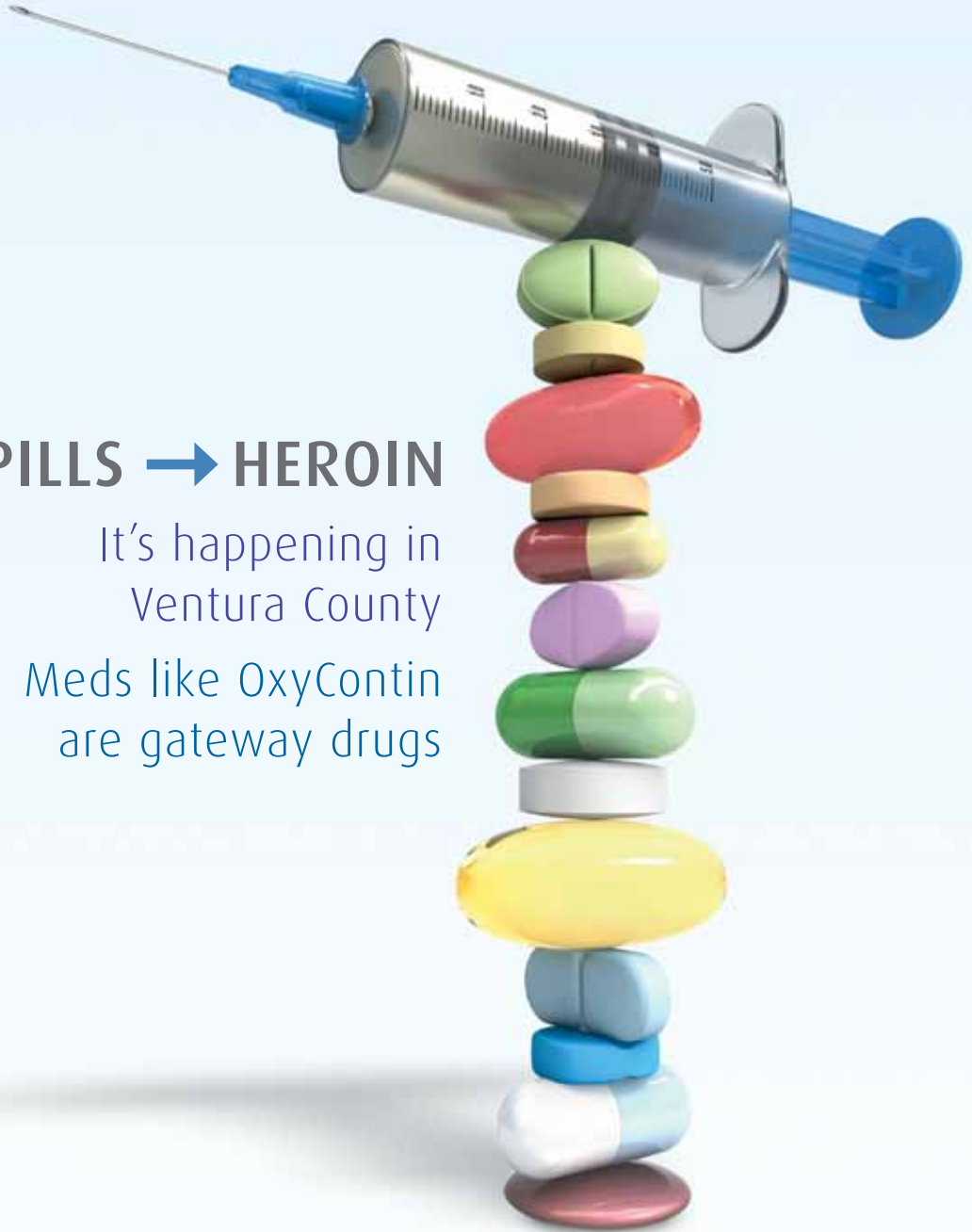


What You Need to Know about **Rx ABUSE & HEROIN**



PILLS → HEROIN

It's happening in
Ventura County
Meds like OxyContin
are gateway drugs



PREVENTING OPIOID ABUSE IN VENTURA COUNTY

ALCOHOL & DRUG PROGRAMS
Ventura County Health Care Agency

In Ventura County...

13%
of 9th graders
AND
20%
of 11th graders
SAY THEY'VE
MISUSED RX
PAINKILLERS

4%
of 9th graders
AND
5%
of 11th graders
SAY THEY'VE
USED HEROIN*

2X
as many teens
SAID THEY USED
HEROIN 4+ TIMES
IN 2010 THAN
IN 2006**

Sources: * 2010 California
Healthy Kids Survey; **Heidi
Christensen, PhD, Educational
Research, Ventura County
Office of Education.

WHAT IS OXYCONTIN?

OxyContin is an effective painkiller, an opioid that provides relief in patients with severe or chronic pain when used as prescribed.

OxyContin can be highly addictive, is often easily available, and is known as a popular party drug.

How is OxyContin abused?

OxyContin is intended to be taken orally. When abused it is also crushed and snorted, smoked or mixed with water and injected.

Other commonly abused opioids include: codeine, Vicodin, Fentanyl, morphine, Percodan, Percocet, Opana, roxycodone and methadone.

What's the connection with heroin?

Some users of opioids such as OxyContin move on to street or "tar" heroin. It costs approximately one third as much as OxyContin and satisfies the same craving.

HEROIN?

Heroin is an illegal opioid that is extremely addictive, harmful and difficult to quit. It is smoked, snorted or injected.

Short-term effects: A "rush" followed by long periods of drowsiness. Nausea, vomiting and severe itching may occur. Thinking, heartbeat and breathing slow, sometimes to the point of death.

Long-term effects: Infectious diseases such as HIV/AIDS, and heart or lung problems may occur, along with abscesses or collapsed veins. Withdrawal symptoms are severe and include pain, insomnia, diarrhea and vomiting.

Look out for...

slang often used when texting:

OXYCODONE

80's

beans

OC

orange crayons

oxys

roxys

HYDROCODONE

hydros

SUBOXONE

subs

VICODIN

vics

norcos

watsons



WHAT YOU CAN DO

Don't make it easy

- Lock up your meds
- Keep track of pill quantities
- Properly dispose of unused medications. Go to VenturaCountyLimits.org/Rx for disposal bin locations.
- Block access to online pharmacies

Watch for warning signs of abuse

PHYSICAL:

- Weight loss
- Drowsiness
- Sweating
- Tremors and twitching
- Breathing difficulty

BEHAVIORAL

- Drop in school performance
- Loss of interest
- Change in activities or friends

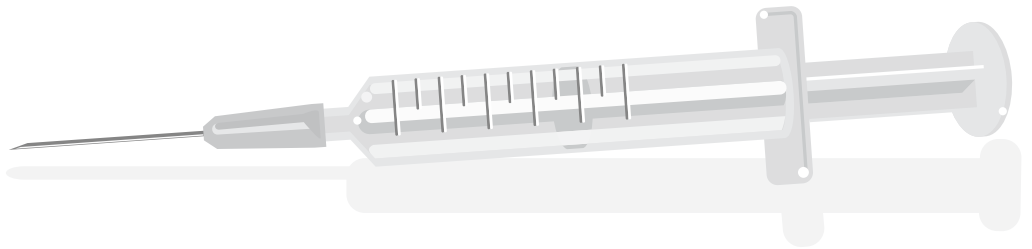
ENVIRONMENTAL

- Money issues
- Missing valuables
- Unexplained pills
- Drug paraphernalia
- Lost prescriptions

If you suspect drug abuse

Get support. Call your health care provider, school counselor, prevention/treatment professional, friends or family.

The text said “cool pilz @prty.” Oxys made me feel good and for a while I got them free from friends. I liked being high, but then I needed more and more pills every day just to feel normal. I started buying them, which took all my money and whatever I could steal. When a friend called up and got us some heroin, it was way cheaper than pills and as easy as ordering pizza. I was totally hooked.



LEARN MORE ABOUT OXYCONTIN, PRESCRIPTION DRUG ABUSE AND HEROIN

NIDA: www.drugabuse.gov



www.VenturaCountyLimits.org/Rx

PREVENTING OPIOID ABUSE IN VENTURA COUNTY

VENTURA COUNTY PRESCRIPTION DRUG ABUSE WORKGROUP

