

SOBERING STATISTICS



A CDC study found that the users of prescription drugs are **40x more likely to use heroin** than others, a figure that cements commonly prescribed medication as a threshold for use of more dangerous substances.

Almost **4 in 10 teens (38%)** who have misused or abused a prescription drug have obtained them from their parents' medicine cabinet.

1 in 3 teens thinks abusing prescription drugs is safer than street drugs and that **it is OK to occasionally abuse prescription drugs.**

The amount of prescription pain killers prescribed in 2010 was enough to **medicate every adult in America** around the clock for a month.

Nearly 15,000 people die of prescription drug overdoses annually. In New Jersey, two-thirds of drug-related deaths involve prescription drugs.

More than half of parents (55 %) say anyone can access their medicine cabinet, and almost three-quarters of teens (73 %) say it is easy to access prescription drugs from their parents' medicine cabinet.

Source: "The Partnership Attitude Tracking Study" 2013



TAKE AWAY THE TEMPTATION, LOCK YOUR STOCK.

The **Mahwah Municipal Alliance (MMA)**, a nonprofit 501c3 organization, is a group of community volunteers and law enforcement officials working together to provide programs and initiatives that will help our youth make good decisions.

TOPICS INCLUDE:

- Alcohol and Drug Abuse
- Teenage Anxiety & Depression
- Bullying
- Internet Safety
- Healthy Dating Relationships

The Mahwah Police in conjunction with the MMA offers two outstanding leadership academies, the Junior Police Academy and the Youth Leadership Academy.

FOR MORE INFORMATION OR TO JOIN THIS IMPORTANT INITIATIVE

Visit our website www.mahwahalliance.org or email us at mahwahalliance@mahwahpd.org



Mahwah Municipal Alliance
Helping our kids make great decisions



Help Prevent Drug Abuse

Made possible with a grant from SAMHSA.

AN IMPORTANT MESSAGE FROM THE



Mahwah Municipal Alliance
Helping our kids make great decisions



Help Prevent Drug Abuse



**LOCK
YOUR
STOCK!**



YOUR MEDICINE CABINET CAN BE OPEN GAME FOR DRUG THIEVES!

70% of drug addicts reported that they started their addiction to prescription medications from family, friends and strangers' medicine cabinets.

MOST COMMONLY TARGETED MEDICATIONS INCLUDE:

Opioids: painkillers and muscle relaxers like OxyContin and Vicodin

Depressants: anxiety, depression, and sleep medication

Stimulants: ADHD medications such as Ritalin and Adderall



PROTECT & SAFEGUARD YOUR HOME

- Clean out your medicine cabinets.
- Dispose of any unused, unneeded, or expired medications at drop boxes.
- Report any stolen prescriptions to the police.
- Consider purchasing and using a lock box for hiding medications in a discrete location in your home so they are not easy for others to find.
- Keep track of your medicine. Count how many pills you have at any given time to check for missing pills. Don't share your medications under any circumstances. If a family member or friend is injured, instead of "sharing" a pain reliever, make sure he or she sees a healthcare professional for care.
- Keep a low profile. Your medicines are your business. There's no reason to tell people about the medicines you take.
- Store your medications in a secure and dry place (not bathrooms).
- Properly dispose of old or unused medicines. If a Take Back Program is not available, prescription drugs can be placed in a container mixed with used coffee grounds or kitty litter and thrown in the garbage.

HELP PREVENT ABUSE OF PRESCRIPTION DRUGS

It is very important to properly dispose of unused prescription medications. Keeping unused opioids or other common drugs of abuse in a medicine cabinet is not safe.

ORDER A PORTABLE MED LOCK BOX FOR YOUR HOME ONLINE TODAY AT:



<http://www.lockmed.com/>

COMMUNITY SUBSTANCE ABUSE LIAISON

The MMA community liaison, Dana Romano, has been fielding many important calls from our residents. As the community advocate for the MMA, she is available to residents by cell phone at 551-500-4642.

She assists those in substance abuse-related crisis or family members and loved ones who need guidance on substance abuse issues. She can refer them to appropriate services that are available – including placing those individuals in in-patient treatment centers. Ms. Romano can also explain many of the issues related to insurance coverage and placement in an in-patient facility.

All communications with Ms. Romano are strictly confidential and there is no fee to residents for her services.

**A DROP BOX IS AVAILABLE AT
MAHWAH POLICE DEPARTMENT
221 Franklin Turnpike
201-529-1000**

To find prescription drug drop boxes in other Bergen County towns or other counties visit www.americanmedicinechest.com

