

DO YOUR PART

BE THE SOLUTION

IS A COMMUNITY EDUCATION

PROGRAM OF THE

MICHIGAN

DEPARTMENT OF COMMUNITY HEALTH

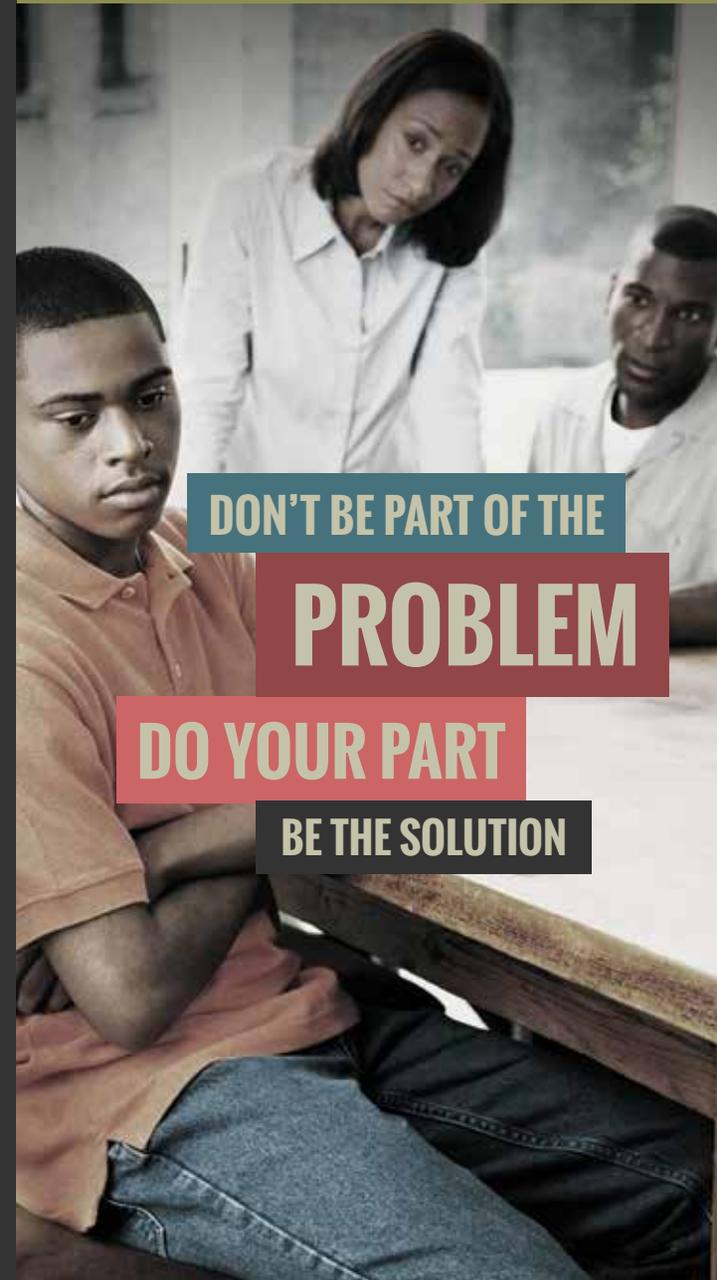
Our mission is to increase public awareness of the dangers and the extent of the prescription drug abuse problem in Michigan, and encourage you to Do Your Part: Be The Solution with practical steps you can take, right now.

Community education resources are available to communities in many counties, including speakers, presentations, brochures and access to state and national programs aimed at preventing prescription drug misuse.

Federal and state funds have been used to support this project.



michigan.gov/doyourpart



DON'T BE PART OF THE

PROBLEM

DO YOUR PART

BE THE SOLUTION

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PRESCRIPTION DRUG



DISPOSAL TIPS

- The Yellow Jug Old Drugs Program partners with pharmacies in many Michigan communities to collect unused/unwanted and expired drugs (except controlled substances). A list of participating pharmacies can be found at www.greatlakescleanwater.org. Encourage your pharmacy to participate.
- Unless the directions say otherwise, do NOT flush medications down the drain or toilet, because chemicals can pollute the water supply. Remove personal, identifiable information from Rx bottles or packages before discarding.
- Mix prescription drugs with an undesirable substance, such as used coffee grounds or kitty litter, and put them in impermeable, nondescript containers, such as empty cans or sealable bags, to ensure the drugs are not diverted.
- Controlled substances can only be returned to law enforcement authorities, for a list of law enforcement locations that accept them, go to michigan.gov/doyourpart. Encourage your local law enforcement to participate as well.

THE PROBLEM

Every day, thousands of people nationwide use a prescription drug to get high for the first time. They're accessing these drugs in the comfort of home; it can be as easy as opening a cupboard, drawer, or medicine cabinet. And it's happening right in your community.

- Prescription drugs are the second most commonly abused category of drugs other than alcohol, behind marijuana and ahead of cocaine, heroin, methamphetamine, and other drugs.
- Since 2000, there have been 8,896 unintentional overdose and drug-poisoning-related deaths recorded in Michigan.
- Treatments for opiates (excluding heroin) have risen from approximately 2,600 in 2003 to over 8,500 in 2013.
- In 2012, there were 941 deaths due to unintentional drug poisonings in Michigan.

While the prescription drug abuse occurs in every age group, the problem is more prevalent among teens and young people. Why has this problem become so acute?

- Misperception. Many believe that prescription drugs are safer than illicit drugs. This is NOT true. These are powerful drugs that, when abused, can be just as dangerous as street drugs.
- Accessibility. Prescription drugs can be found in most homes, and there is also a street trade for these drugs.
- Sharing of prescription drugs with family members or others. If a drug wasn't prescribed for you, it's dangerous.

THE GOOD NEWS

There are steps you can take to help prevent prescription drug abuse:

- Safeguard all drugs at home. Monitor quantities and control access. Take note of how many pills are in a bottle or pill packet, and keep track of refills.
- Set clear rules for teens about drug use.
- Do not share prescription drugs prescribed for you.
- Do not use drugs prescribed for someone other than you.
- Always follow the medical provider's advice and dosages.
- Be a good role model by following these same rules with your own medicines.
- Properly conceal and dispose of old or unused drugs.
- Ask friends and family to safeguard their prescription drugs as well.
- Talk to teens and young adults about the dangers of prescription and over-the-counter drugs. These are powerful drugs that, when abused, can be just as dangerous as street drugs.

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