



A HANDBOOK FOR
**KEEPING
FAMILIES SAFE**
FROM PRESCRIPTION
PAIN KILLERS



WHAT IS AN OPIOID?

A prescription opioid (or prescription painkiller) is a medication that, when used correctly, safely treats moderate to severe pain.

SOME IMPORTANT DEFINITIONS:

Prescription

A legal document written by a medical professional that allows pharmacists to give a specific medication to patients.

Prescription Medication

Medication you can only get from a pharmacist.

Over the Counter Medication

Medication that can be bought and used without a doctor's prescription.

COMMON OPIOIDS EXAMPLES:

Oxycodone (OxyContin®)

Hydrocodone (Vicodin® or Lortab®)

Morphine (Embeda®)

Oxymorphone (Dilaudid®)

Fentanyl (Duragesic®)

Codeine (Tylenol 3® or Robitussin AC®)



IN NEW MEXICO, MORE PEOPLE DIE ACCIDENTALLY FROM PRESCRIPTION OPIOID OVERDOSE THAN ALL OTHER DRUGS.

Approximately the same number of people died from opioid overdose as motor vehicle accidents in New Mexico in 2021.¹

23%

Luna County accidental drug overdose deaths including prescription painkillers ²

**THE HIGHEST %
IN NEW MEXICO**



22%

of Luna County high school students reported improper use of prescription painkillers ³

1. New Mexico State Traffic Records System and New Mexico Department of Health. <https://www.nmhealth.org/data/view/substance/2457>
2. Substance Abuse Epidemiology Section Injury and Behavioral Epidemiology Bureau Epidemiology and Response Division New Mexico Department of Health, February 2021.
3. 2019 Youth Risk and Resiliency Survey. Luna County High School Report. <https://youthrisk.org/publications/county-reports/2019-high-school-county-report-luna/>

**ANYONE CAN OVERDOSE.
ANYONE CAN SAVE A LIFE.**
Naloxone. Carry it. Know how to use it.

**NALOXONE
ALSO KNOWN AS
NARCAN**

is a safe and effective medication that blocks the effects of opioids and restores breathing.



**In New Mexico
ANYONE**
can request
Naloxone/Narcan
from a local pharmacy
without a prescription.

WHO IS AT RISK FOR OVERDOSE?

Those who are using opioid medications

Those who are taking opioids with multiple prescriptions or other substances, including alcohol, anti-anxiety medication, sleeping aids or muscle relaxants.

Opioid doses greater than 90 mg of morphine per day or 60 mg of oxycodone per day.

Household members of people who are in possession of opioids, including prescription opioids.

MEDICATION SAFETY TIPS

- Take medication exactly as prescribed by your doctor.
- Know the color and shape of your pills.
- Double check that the medication your doctor prescribed is the medication received from the pharmacy.
- Read all medicine bottle labels and additional medication information carefully.
- If you have questions about a medication, ask your doctor or pharmacist.



QUESTIONS YOUR DOCTOR WANTS YOU TO ASK WHEN BEING PRESCRIBED MEDICATION.

Is it safe to take this medication with other medications, vitamins and/or supplements?

Will it be hard for me to stop taking this medication?

How will this medication make me feel and what are the side effects?

Are you sure I should take it this long?

Should I start with a shorter prescription?

Is there anything else I can take (or do) instead? **4**

FENTANYL

About 2 of 3 drug overdose deaths in New Mexico involved an opioid (prescription opioids, heroin, or fentanyl).*

In New Mexico, the fentanyl-involved death rate in 2020 was 7 TIMES higher than the rate in 2016.*

Of New Mexico overdose deaths involving opioids: 39% involved fentanyl.*

*New Mexico Department of Health, 2022.



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SIMPLE STEPS TO KEEP YOUR FAMILY SAFE



LOCK UP MEDICATION

DO NOT ASSUME HIDING MEDICATION IS ENOUGH TO KEEP YOUR FAMILY SAFE

Purchase a lock box or lock bag

Secure medications with a lock box or lock bag at home or when traveling

Store prescription opioids in a container that has a lock & key or combination.

Out of sight and reach of children

DO NOT SHARE

SHARING IS NOT ALWAYS CARING

Only your prescriber knows what and how much medication is safe for you

Do not take prescription medications that are not prescribed for you

Keep track of medication using a medication tracking log (page 11)



SAFE DISPOSAL

IT IS DANGEROUS TO KEEP UNUSED OPIOID PAIN MEDICATIONS IN THE HOME

1 Take your medication to a permanent drug drop box location

2 Dispose of medications at DEA National Take Back Day offered every April & October

3 Use a drug deactivation kit to neutralize the chemicals (example: Deterra Bag)



**THEY
NEEDED
YOU
THEN**



**THEY
NEED
YOU
NOW**



Research has shown that kids are **50%** less likely to use drugs when parents talk to them about the risks.

(Substance Abuse and Mental Health Administration)

YOU DO NOT HAVE TO BE PERFECT.

YOU JUST HAVE TO BE THERE.

Download the Talk. They Hear You. mobile app to learn how to talk to the youth in your life.



www.samhsa.gov/talk-they-hear-you

CHECK IN WITH YOUR KIDS.

BECAUSE WHEN YOU TALK THEY HEAR YOU.

FACTORS THAT MAY INCREASE THE RISK OF SUBSTANCE USE OR MISUSE INCLUDE:

Significant social transitions such as graduating to middle or high school or getting a driver's license

A history of social and emotional problems

Depression and other serious emotional problems

A family history of alcoholism

Contact with peers involved in troubling activities

5 CONVERSATION GOALS

- 1 Express that you disapprove of drug and alcohol use/misuse.
- 2 Care about your child's health, wellness, and success.
- 3 Be a good source of information about drugs and alcohol.
- 4 Show you're paying attention and you'll discourage risky behaviors.
- 5 Build your child's skills and strategies for avoiding underage drinking and drug use.



It is recommended to start talking to youth as early as 9-years old.

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Plan to have many short talks.

Resources

SAFE DISPOSAL RESOURCES

DEA Take Back Day
www.takebackday.dea.gov

ACCESS TO NALOXONE

Any pharmacy and
Luna County Public Health Office,
215 S. Silver Ave., Deming, NM 88030
(575) 546-2771

DROP BOX LOCATIONS IN LUNA COUNTY

Deming Police Dept., 700 E. Pine St.
Walgreens Pharmacy, 122 N. Gold Ave.
Walmart Pharmacy, 1021 E. Pine St.



**In case of emergency,
always CALL 911**



Professional
counselors
and peer
supports are
here to hear
you 24/7/365

free and confidential



www.nmcrisisline.com

For TTY access call
1-855-227-5485

Crisis Line 1-855-662-7474

Warm Line
call or text 1-855-466-7100

Reasons to call NMCAL....

If you or someone you care about is:

- Thinking about wanting to die or kill oneself
- Concerned about use of alcohol or drugs
- Withdrawing or becoming isolated
- Talking about being a burden to others
- Sleeping too little or too much
- Experiencing extreme mood swings
- Talking about feeling hopeless, helpless, worthless, or having no reason to live
- If you just need someone to talk to

We're here to hear you

OTHER RESOURCES:

HOTLINES
THE NEW MEXICO CRISIS AND ACCESS LINE
1-855-662-7474
NMCRISISLINE.COM

NM SUBSTANCE ABUSE HELPLINE
1-855-505-4505

DRUG-FREE KIDS HELPLINE
1-855-DRUGFREE (1-855-378-4373) OR TEXTING
55753

NEW SUICIDE AND CRISIS LIFELINE
DIAL 988

Medicine Inventory

Name of Family Member	Medication name	Date Received	Quantity & Dosage	How often	Reason for taking	Prescribed by	Discard by
Grandma	Lisinopril	3/17/21	100 pills 10 mg	1 a day	Blood Pressure	Dr. Physician	3/17/22



Facebook: [LunaCountyCATS](#)

Phone: 575-597-0385

Email: arodriguez@chi-phi.org

Website: chi-phi.org



A PUBLICATION OF THE CENTER FOR HEALTH INNOVATION.