



The Office of County Executive Steven R. Schuh
Not My Child Prevention Education

The following is a “required read” for the Guardian/Parent of _____ registered to play _____, an Anne Arundel County Recreation and Parks sponsored organized sport.

Anne Arundel County is in the midst of an opioid epidemic! Athletes may be at a higher risk for developing a substance use disorder if prescribed an opioid for a sports injury. Youth, in general, are at risk through making poor decisions to use illegal substances. As coaches, parents and community leaders, we must work together to prevent new users through education on drug facts, positive role modeling, and promoting positive communication and life skills among our youth.

The class of prescription drugs most commonly prescribed for pain is opioids. Opioids are medications that reduce feelings of pain, such as Vicodin or Percocet. Heroin is also an opioid. Prescription opioids have the same potential risks as heroin including development of a substance use disorder and overdose, if not monitored closely by a physician and not taken as prescribed.

If your child is prescribed an opioid for a sports injury:

- Discuss with your child the risks associated with prescription opioids.
- Monitor all prescription and over-the-counter drugs in your household.
- Supervise your child when taking medication, and ensure they do not take more than prescribed.
- Dispose of expired and unused medicine safely, using the 24/7 drop boxes located at all County and City of Annapolis police stations and some State police stations.

Playing a sport benefits youth by providing opportunities to make social connections, to have structured after-school time and to learn the importance of physical activity at an early age. However, young athletes are not immune from peer pressure to experiment with drugs. If youth have friends that are using alcohol and drugs, they are more likely to use alcohol and drugs.

Tips for keeping youth drug-free:

- Keep open communication with your children and discuss often the risks of drugs including alcohol, tobacco and marijuana. These “gateway drugs,” when used on a developing brain, increase the likelihood for substance use later in life.
- Be a good role model for your children. Be aware of your alcohol and substance use, realizing your children are watching.
- Know your children’s friends and their parents. Do not allow unsupervised parties.
- Develop a plan with your children to remove themselves from a situation where alcohol and drugs are present.

Please review the Substance Use Facts and Resources on the back.



This information is brought to you by:
Anne Arundel County Department of Health and Department of Recreation and Parks
*For more information, contact the Anne Arundel County Department of Health
Prevention and Education Services at 410-222-6724.*





Substance Use Facts

Prescription opioids: What is the risk?

The class of prescription drugs most commonly prescribed for pain is opioids. Common opioids include codeine, fentanyl, hydrocodone, morphine, oxycodone, Percocet and Vicodin. Heroin, methadone and Suboxone are also opioids.

Under a doctor's orders, prescription opioids can be very helpful. But if used improperly, they can lead to addiction. Your child, if prescribed pain medication due to an injury, may be at risk for misusing prescription opioids. Use of prescription pain medications can begin with a sports injury and could progress to using opioids, including heroin, to get high.

Substance use among youth: What are the numbers?

According to the Youth Risk Behavior Survey (YRBS) 2014, the most common substances of use among AA County high school students are tobacco, alcohol, marijuana and prescription drugs.

- 27.6% reported use of a tobacco product
- 7.1% reported smoking a cigarette before age 13
- 52.3% reported use of alcohol
- 17.3% reported drinking alcohol before the age of 13
- 18.8% reported use of marijuana
- 14.2% reported use of prescription drugs without a prescription

Youth often start using substances by going to parties on weekends and choosing friends that are using drugs. Of individuals in recovery and/or treatment for substance use disorders, they often speak of their progression from cigarettes, alcohol, marijuana and/or prescription drugs to heroin.

How do I keep my child drug-free?

- Keep open communication with your children. Discuss the dangers of alcohol and drug use with them often.
- Be a good role model for your children. Be aware of your alcohol and substance use, realizing your children are watching.
- Know your children's friends and their parents. Encourage them to make friends that do not use drugs or alcohol.
- Stay involved with your children by attending their activities and chaperoning events.
- Set limits and expectations with clear consequences for your children regarding alcohol and drug use.
- Discuss goals and dreams with your children and the impact the use of alcohol or other drugs would have on their future plans.
- Pay attention to times of transition in your children's lives when they may be more vulnerable to alcohol and substance use, such as the transition from middle school to high school or a change in living situation.
- Develop a plan with your child to remove themselves from a situation where alcohol and drugs are present.
- Call the underage drinking tip line, 443-390-TIPS, if your child reveals information about an upcoming underage drinking party.

Signs of Substance Use

- Anxiety/Irritability
- Change in sleep patterns
- Loss of appetite, nausea and constipation
- Itching or flushed skin
- Slurred speech
- Confusion/Disorientation
- Nodding off
- Change in personality
- Change in appearance
- Change in academic or athletic performance
- Increased need for privacy
- Unexplained need for money
- Unable to keep commitments
- Missing medications

Substance Use Resources

PREVENTION

Anne Arundel County Prevention Coalitions

Resources for prevention, containing a parent toolkit that helps parents start the conversation. www.PreventSubstanceAbuse.org

Substance Abuse and Mental Health Services Administration

The agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. www.samhsa.gov

NIDA (National Institute on Drug Abuse) and NIDA for Teens

NIDA's mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health. www.DrugAbuse.gov and www.Teens.DrugAbuse.gov

Partnership for Drug-Free Kids

The Partnership provides prevention and treatment information for parents and community members. www.DrugFree.org

TREATMENT

Safe Stations

Anne Arundel County residents can go to any fire or police station 24 hours a day, 7 days a week to access treatment.

Crisis Warmline – 24/7 Helpline

410-768-5522 24 hours a day, 7 days a week

Maryland Youth Crisis Hotline

1-800-422-0009 24 hours a day, 7 days a week

Department of Health Treatment Referral Line

410-222-0117 Weekdays

“Not My Child” Resource Guide

www.AAcounty.org/heroin

REPORT A PROBLEM

Anne Arundel County Police Heroin Tip Line

443-457-0406

I have reviewed and understand the dangers of prescription opioid misuse and steps for parents to take to keep their young athletes drug-free. I have read the substance use fact sheet.

Signed Parent / Legal Guardian _____

Date: _____