PRESCRIPTION DRUGS IN SOUTHWEST CT

#nowyouknow

**TOP 5 DRUGS PRESCRIBED IN CT 2018**

1. Alprazolam*
2. Clonazepam*
3. Oxycodone HCL^*
4. Amphetamine Salts+
5. Lorazepam*

*benzo, ^opioid, +stimulant

**PRESCRIPTION DRUG USE NATIONALLY**

- **12.6% adults** take a benzodiazepine
- **11.4% adults ages 20-59** take an antidepressant
- **6.2% teens** take an ADHD stimulant
- **3.5% children <age 11** take an ADHD stimulant

In 2018, 17% of benzo users reported drug misuse (higher doses, longer than prescribed, someone else's prescription).

**354 residents of Southwest CT died of a drug overdose between 2016 and 2018**

2018 overdose deaths by drugs involved:

- **opioids**
  - 91%
- **Rx opioids**
  - 30%
- **benzos**
  - 34%
- **>1 drug**
  - 79%

Local youth surveys in 2018 found **30%** of teens took a family member's Rx drugs and **6%** of high school seniors used a stimulant without a prescription.

Reminder! Locking up your prescription drugs & safely disposing of leftover drugs at a dropbox are ways to help reduce addiction!

Prescription of opioids & benzos in CT has decreased since 2016 (Down 4% from 2013)

1882 residents of Southwest CT were treated for an Opioid Use Disorder (OUD) in 2018

FIND RESOURCES AND GET INVOLVED AT THEHUBCT.ORG
GET THE FACTS

1. Opioids are prescribed for pain but are highly addictive. Users who become addicted may turn to illicit opioids such as heroin.

2. The gold standard for Opioid Use Disorder is Medication-Assisted Treatment (MAT). Visit LiveLOUD.org to learn about MAT. Find treatment in Southwest CT at www.thehubct.org/treatment.

3. Benzos such as Xanax and Ativan are the most used prescription drugs among adults, taken to relieve anxiety or improve sleep. However, they are addictive and have side effects. They are not intended for long-term use.

4. You can ask your doctor for non-opioid drugs. Explore alternatives such as ibuprofen or other NSAIDs for pain, mind-body therapies, and wellness techniques for anxiety and sleep. Visit drugfreect.org for more info.

Resources:

- State access line for detox (24/7): 800-563-4086
- Local police departments have dropboxes for unused drugs. In 2020 pharmacies will also have drug dropboxes.
- You can save a life! Get trained and carry Naloxone (Narcan) to reverse an overdose.
- More info at www.thehubct.org/opioids-other-drugs