

#nowyouknow

PRESCRIPTION DRUGS IN SOUTHWEST CT



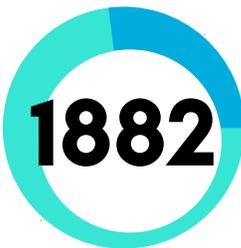
TOP 5 DRUGS PRESCRIBED IN CT 2018

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



*benzo, ^opioid, +stimulant

Prescription of opioids & benzos in CT has decreased since 2016



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

(Down 4% from 2013)

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).*

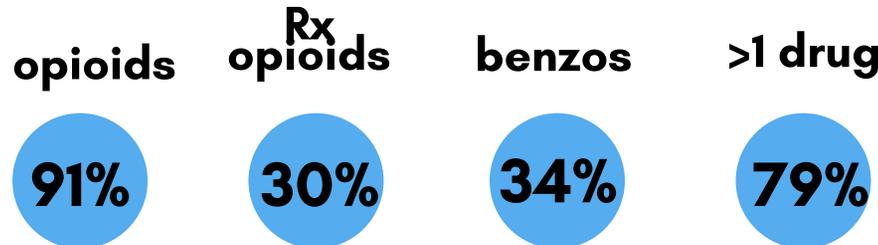
REMINDER!

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



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

2018 overdose deaths by drugs involved:



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

Get Informed
Get Involved

PRESCRIPTION DRUGS IN SOUTHWEST CT



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