



Prescription Drug Abuse in Indiana

It's a Growing Problem in Indiana

“This issue affects everyone. It’s widespread. Young. Old. Rich. Poor. This is the big issue right now.”

Jon Rohde, Police Captain, Columbus (Indiana)

“Fifteen to 20 years ago, the estimates were one percent of people on prescription drugs would get addicted. But now, the estimates are 35 to 40 percent are getting addicted.”

Dr. Tim Kelly, Fairbanks

- In the two-year period of 2010/2011, Indiana ranked fifth in the nation in the number of persons ages 12 and older taking prescription pain relievers for non-medical purposes. (The National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration, 2013)

Nonmedical Use of Prescription Pain Relievers in the Past Year among Persons Aged 12 or Older, by Quintile and State: 2010-2011: Top-Ten States

Quintile and State	Percent	95% Confidence Level
Oregon	6.37	5.25-7.71
Colorado	6.00	4.96-7.24
Washington	5.75	4.76-6.92
Idaho	5.73	4.74-6.91
Indiana	5.68	4.68-6.89
Arizona	5.66	4.60-6.94
Nevada	5.62	4.57-6.89
Delaware	5.61	4.61-6.82
Arkansas	5.55	4.60-6.68
New Mexico	5.45	4.47-6.64

The National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration, 2013

- In Marion County in 2010, prescription drugs were related, either alone or in combination with alcohol or other drugs, to 137 deaths.

- About 1.9 million people in the United States meet criteria for abuse of or dependence on prescription opioids, according to the NSDUH.

Young People are Abusing Prescription Drugs

“Each day, more than 2,000 teens begin abusing prescription medications, believing that doctor-prescribed medicine is safer to experiment with than illegal drugs.”

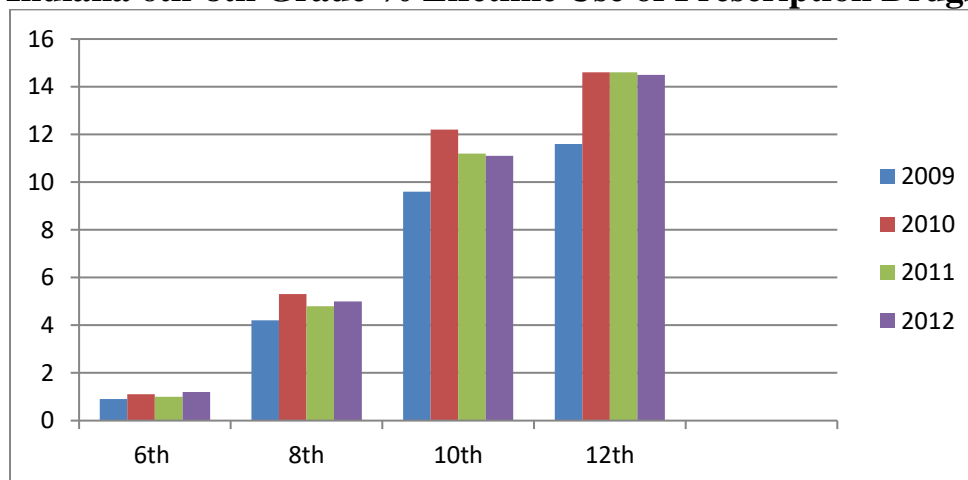
Steve Pasierb, president and CEO, The Partnership at Drugfree.org

“Here I am, a high school graduate, scholarships, and I went to college. It just took me down so fast.”

Royia Carpenter, recovering Opana addict from the Kentuckiana area

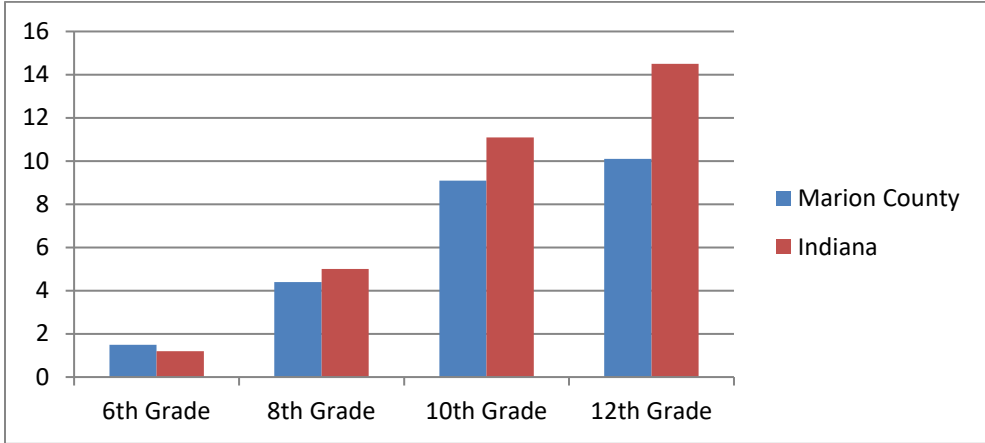
- After marijuana and synthetic marijuana, prescription drugs are the most commonly abused illicit drugs by high school seniors, according to the NIDA.
- One in every five American high school students has taken a prescription drug without a doctor’s prescription, according to the National Youth Behavior Society.
- That number is even higher in Indiana. Twenty-six percent of high school seniors have used some type of prescription drug without a prescription at some point in their lives, according to the Indiana Prevention Resource Center.
- Young Hoosiers ages 18-25 have the highest rate of prescription medication abuse, with a 2010/2011 past-year usage of 14.4%; nation usage rates for that age group are 10.4%. Ages 12-17 had a past-year usage rate of 7%, compared with 6.1% of the same age group nationally. (NSDUH 2013).
- The average age of first-time use among Indiana’s students is 13.8 years for tranquilizers, 14.1 years for prescription painkillers and 14.1 years for overall prescription drug use (Gassman, Jun, Samuel, Agle, Lee, Morrison, Agle, et al., 2011).

Indiana 6th-8th Grade % Lifetime Use of Prescription Drugs 2009-2012



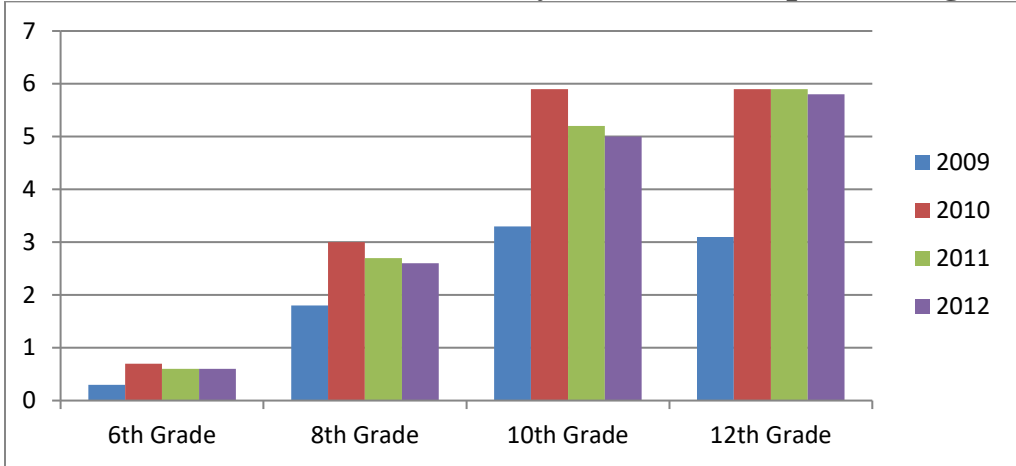
Indiana Prevention Resource Center 2012

Marion County vs. Indiana 6th-8th Grade % Lifetime Use Prescription Drugs 2009-2012



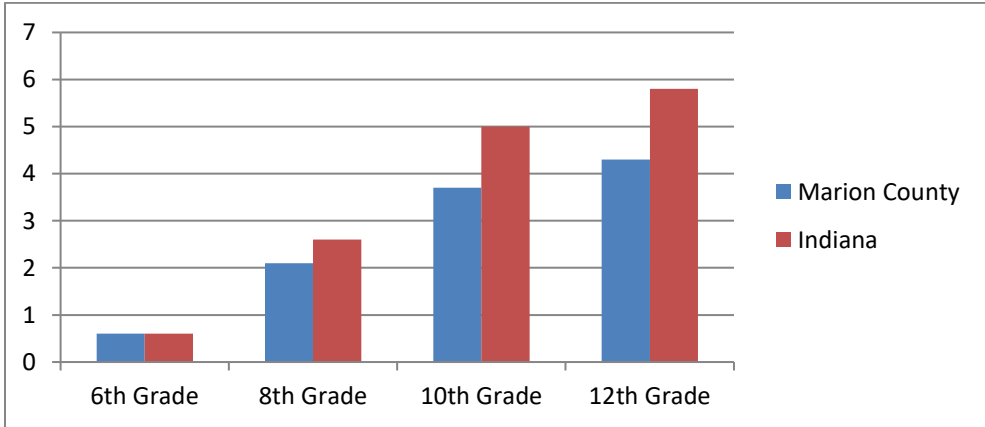
Indiana Prevention Resource Center 2012

Indiana 6th-8th Grade % Monthly Use of Prescription Drugs 2009-2012



Indiana Prevention Resource Center 2012

Marion County vs. Indiana 6th-8th Grade % Monthly Use Prescription Drugs 2009-2012



Prescription Drugs are Easy to Get

“It’s like the wild west. The whole supply-side system is set up to perpetuate this massive unloading of opioid narcotics on the American public.”

Peter Jackson, co-founder, Advocates for the Reform of Prescription Opioids

“Prescription pills are easy to get. They’re coming right out of your medicine cabinets or your neighbors’ and friends’ medicine cabinets.”

Marion Superior Court Judge William Nelson, who lost son Bryan to prescription drug abuse

- Prescription drugs are plentiful. Legally prescribed opioid narcotics are a \$10 billion-per-year industry.
- In Indiana in 2010, 11 million controlled substances were prescribed to Indiana residents, according to the Indiana University Center for Health Policy. The most widely dispensed categories were opioids (49.3%), depressants of the central nervous system (31%) and stimulants (11.6%), according to the Indiana Board of Pharmacy (2011).
- In Marion County in 2011, the most widely dispensed prescription drugs were opioids (52.7%), CNS depressants (28.2%) and stimulants (11.5%). (The Indiana Board of Pharmacy)
- The U.S. consumes 99 percent of the world’s hydrocodone and 83 percent of its oxycodone, according to the International Narcotics Control Board.
- The Indiana University Center for Health Policy reports that in 2010, 55 percent of Americans over the age of 12 who used pain relievers for non-medical purposes got them for free from a friend or relative.
- The stats are even more disturbing for young people. According to the National Survey on Drug Use and Health, 70 percent of children 12 and older say they got prescription drugs from a friend or relative.
- Most current studies show that 13 percent of adolescents “divert” (give away) controlled medicines, and about 16 percent of adolescents with legal prescriptions are asked to divert, according to the University of Michigan.

Prescription Drugs aren’t Safe Just Because They are Legal

“Our society promotes the legal use of both alcohol and controlled medications. We are one of a very few countries that allow the television marketing of controlled medications.”

Dr. Carol Boyd, research professor, University of Michigan Substance Abuse Research Center

“Prescription drug abuse is an epidemic. More people die in America every year from prescription drug abuse than die from heroin and cocaine combined... There’s the perception that prescription drugs are not as harmful and that they certainly can’t be as bad as cocaine, meth or a street drug. Nothing could be further from the truth.”

Marion Superior Court Judge William Nelson, who lost son Bryan to prescription drug abuse

- Drug overdose death rates in the United States have more than tripled since 1990. In 2008, more than 36,000 people died from drug overdoses, and most of these deaths were caused by prescription drugs, according to the Centers for Disease Control and Prevention.
- The Centers for Disease Control and Prevention report that deaths from drug overdose and abuse now exceed deaths from motor vehicles in the U.S.
- The misuse or abuse of prescription drugs was responsible for more than 1.3 million emergency department visits in 2010, a number that has increased 115 percent from 2004, reports the Substance Abuse and Mental Health Services Administration.

Prescription Drugs and Alcohol can be a Deadly Combination

"Combining (prescription drugs with alcohol or other drugs) creates a greater chance of accident or overdose. Kids are more likely to fall out of a window or to walk in front of a car because they're more intoxicated."

Dr. Roger Weiss, Harvard University professor of psychiatry

"Your brain has a reward system that tells you if you're getting high, and then it has a system that controls your breathing...and the two systems don't necessarily talk to each other. Trying to gauge how much you use based on how you feel is going to be deadly."

Dr. Cynthia Lewis-Younger, Florida Poison Information Center

- Combining benzodiazepines or prescription painkillers with alcohol (a depressant) suppresses breathing and heart function, and the user might not even realize it until it's too late.
- Nationally in 2010, nearly 564,000 emergency department (ED) visits – 11.5 percent of drug-related ED visits -- resulted from the use of alcohol in combination with other drugs, according to SAMHSA.
- In Marion County in 2010, 25 deaths related to the combination of alcohol and other drugs were reported, according to SAMHSA.

Prescription Drug Abuse Leads to Crime

"Most of (the prescription drug abusers) sleep until noon, get up and try to find a way to get another pill."

Scott County (Indiana) Sheriff Dan McClain

"Desperate people do desperate things."

Lt. Matt Myers, Columbus (Indiana) Police Department.

In Indiana:

- A 30-year-old Greensburg woman beat her 12-year-old son to death when he hid her prescription pills.
- A 27-year-old Indianapolis woman beat a 48-year-old female acquaintance on the head with a crowbar before stealing 180 oxycodone pills.

- A 17-year-old Indianapolis boy stabbed another teen in a fight over stolen pain pills.
- A former Marion County Sheriff's deputy was charged with burglary of a friend's home after admitting he stole hydrocodone and hydromorphone pills.
- A 58-year-old Greencastle physician was sentenced to four years in prison for excessively prescribing narcotics, which were sometimes exchanged for sexual encounters with female patients; one of his patients died from an overdose of methadone, oxycodone and Xanax.
- In Centerville, two men broke into a home and robbed the parents at gunpoint while seven-year-old twins slept in another room; the burglars stole prescription drugs and a small amount of cash.
- In Plainfield, a man robbed a pharmacy at gunpoint, stealing prescription drugs and shooting at a customer who attempted to chase him.

What Can Parents/Guardians/Concerned Loved Ones Do?

"Parents and grandparents take great pains to prevent poisoning in young children by keeping household chemicals out of reach. The same approach needs to be taken to safeguard medications in the home."

Steve Pasierb, president and CEO, The Partnership at Drugfree.org

"I believe that parental monitoring is the key to reducing nonmedical use of prescription medications in ages 12 to 17 years."

Dr. Carol Boyd, research professor, University of Michigan Substance Abuse Research Center

Start at Home

- Safeguard all drugs in your home. For all members of your family, note how many pills are in a prescription bottle or packet and keep track of refills. If you find yourself having to refill a prescription sooner than expected, someone may be taking the medication without your knowledge.
- Ask family and friends to safeguard their medications as well. Grandparents especially should know about the risks associated with teens using their medications. Encourage them to monitor their own medicine cabinets. If you don't know the parents of your child's friends, make an effort to meet them and ensure you're on the same page concerning rules and expectations for use of all drugs, including prescription medications.
- Store all medications in a secure location.
- Properly conceal and dispose of old or unneeded medicines. Pour liquid medications into a sealable plastic bag; for solids, add water to dissolve. Add cat litter, sawdust, used coffee grounds or any other undesirable substance to the bag. Seal and place in trash. Do not flush medications down the drain or toilet; doing so can pollute the water supply.
- Participate in Prescription Drug Take-Back initiatives. The DEA's fifth National Takeback Initiative is set for Sept. 29 from 10 a.m. to 2 p.m. For convenient drop-off locations, visit http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html.

- Be a good role model. Don't misuse prescription drugs, share them with family members or friends or abuse them -- your family members will notice your actions.
- Set clear rules for teens about all drug use. These rules should include instructions not to share medicines and to always follow a medical provider's advice and dosage instructions.

Look for Signs of Abuse

- Symptoms of drug abuse often occur in clusters. Watch for sudden mood swings, changes in friends and social groups, secretive behavior, excessive sleeping and a loss of interest in hobbies and/or personal appearance.
- Be aware of "disappearing" possessions. Someone might be selling them to obtain money to support a drug habit.
- Warning signs for prescription drug abuse also include: doctor and/or dentist "hopping" to obtain additional prescriptions, visits to the emergency room with vague complaints of "pain" and/or repeatedly "lost" prescriptions that need to be replaced.

It's OK to Snoop – Really

- People can be creative when it comes to hiding drugs. Prescription pills can be hidden in candy wrappers or bags, mint tins, deodorant containers, book spines, fountain pen barrels, binder jackets, gum sleeves, remote control units, potato chip cans – the list is seemingly endless.
- Drug Free Marion County offers presentations with either a backpack or a mock bedroom, each stocked with items used to conceal drugs or drug paraphernalia. The presentation allows adults to become aware of the existence of such items and how they might be used by teens to conceal illicit drugs. Call 317-254-2815 for more information.
- Feeling guilty for snooping? Don't, says Marion Superior Court Judge William Nelson, who lost his teenage son, Bryan, to prescription drug abuse. (Bryan's favorite spot to hide drugs: a Skittles candy bag). "Although you want to respect your child's independence and privacy, it should never be at the price of his or her health and safety. When faced with this situation, many parents will wonder if they have the 'right' to look in their child's room. I believe that whoever's name is on the mortgage has a right to look anywhere in their house... You have a responsibility to protect your kids from themselves, even if they don't want that protection."

Treating Prescription Drug Addiction

“Concerned family members or friends who think a substance abuse problem may exist should seek help. Treatment is effective, and people recover.”

Pamela Hyde, SAMHSA Administrator

- **Behavioral Treatment:** Behavioral treatments help patients stop drug use by teaching them strategies to function without drugs, deal with cravings and avoid drugs and situations that could lead to drug use. They also teach how to handle a relapse should it occur. Common behavioral treatment methods include individual counseling, group or family counseling, contingency management (incentives for remaining drug-free), and cognitive behavioral therapy (addressing inaccurate or negative thoughts).
- **Pharmacological Treatment:** For those addicted to opioid medications, pharmacological treatments might be used to counter the effects of the drug on the brain and behavior. Such medications can relieve withdrawal symptoms, help a person to overcome drug cravings or treat an overdose. A recent large-scale clinical trial supported by the NIDA showed that extended use of Suboxone (a combination drug sometimes used with heroin addicts because it is formulated to minimize abuse) helped about half of the participants reduce their pain reliever abuse. Another approach includes long-acting formulations of medications such as Vivitrol. With effects that last for weeks instead of hours or days, long-acting formulations could aid in treatment retention and future drug abstinence. *Although a behavioral or pharmacological approach alone may be sufficient for treating some opioid-addicted patients, research shows that a combined approach may be best.*
- **Depressants and Stimulants:** NIDA reports that no medications yet exist to treat addiction to prescription depressants or stimulants, but behavioral therapies can be effective and have been used in treating other types of drug addictions. NIDA also is supporting multiple studies to identify promising medications for stimulant addiction.

Treatment Options

“Screening, brief intervention and referral to treatment have been shown to be highly effective in connecting those who need help with substance abuse to treatment strategies to meet their needs.”

Pamela Hyde, SAMHSA Administrator

Many insurance plans include substance abuse treatment. For a list of treatment providers in Marion County, visit Drug Free Marion County’s Treatment Provider Directory on our web site: <http://www.drugfreemc.org/TreatmentProviderDirectory/tabid/61/Default.aspx>

Those without insurance also have options. In Marion County, they include:

Local Recovery Consultant (RC) agencies evaluate individuals for INART eligibility. If the individual is eligible, the RC staff will provide information about area INART treatment providers. The following Marion County organizations serve as RCs:

- *Community Outreach Network Services*, 317-926-5463
 - *Public Advocates in Community Re-Entry (PACE) Inc.*, 317-612-8000, ext. 21
 - *Libertad Counseling*, 317-240-2801
 - *The Way to Recovery*, 317-985-5907
 - *Bethlehem House*, 317-920-1519
- **Community Mental Health Centers (CMHCs).** Community Mental Health Centers accept insurance and Medicaid/Medicare and provide sliding scale fees for those without insurance, based on income and dependents. CMHCs in Marion County include:
 - *Midtown Community Mental Health and Addiction Services.* Part of Eskenazi Health Services, Midtown provides a range of services for those with addiction. Approaches include combining the use of Suboxone and rehabilitative care. Financial counselors work with clients to determine appropriate methods of payment and help eligible individuals apply for financial aid through various government programs. For more information, call 317-630-7791 or visit <http://www.wishard.edu/our-services/midtown-community-mental-health>.
 - *Gallahue Mental Health Services.* Gallahue uses a multidisciplinary team to address chemical dependency. In-patient and crisis services are available. For more information, call 317-621-7600 (regular number) or 317-621-5700 (crisis line) or visit www.ecommunity.com.
 - *Adult & Child Mental Health Center Inc.* For more information, call 317-882-5122 (regular number) or visit www.adultandchild.org.
 - *Aspire Indiana Behavioral Health System.* Aspire uses a combined system of medication-assisted therapy and participation in counseling treatment to treat opioid addiction. A maintenance program is frequently incorporated, allowing clients to undergo “after care” until they establish a significant period of abstinence, independent living and a positive social support system. For more information, call 1-877-574-1254, email addictionservices@aspireindiana.org or visit <http://www.aspireindiana.org/>.
 - **Salvation Army Harbor Light Center.** Here, counselors assess clients to see if they have the qualifiers to meet the official opiate dependency diagnosis. If detox is needed, the Center works on a sliding fee scale with clients who have financial difficulties. For more information, call 317-972-1450 or visit <http://corps.salvationarmyindiana.org/harborlight/>.
 - **The Marion County Public Health Department.** The Health Department has some available funds for assisting those in need of substance-abuse treatment. Call the Substance Use Outreach Services Program at 317-221-3045.
 - **Fairbanks.** Fairbanks offers adolescent and adult treatment and recovery services, including detox and rehab, outpatient treatment, education and recovery management. Adolescents in recovery from addiction may attend Hope Academy, the recovery high school at Fairbanks. Hope Academy is a fully accredited, tuition-free, Indiana public charter high school that provides opportunities for academic achievement, sobriety and personal growth for students and their families. Consistent with the mission and values of Fairbanks, financial assistance will be provided for individuals who are unable to afford treatment services. For more information, call [317-849-8222](tel:317-849-8222) or visit www.fairbanksd.org.

Prescription Drug Drop Boxes

In a partnership between Drug Free Marion County and the Marion County Sheriff's Office a prescription drug disposal box has been placed in the public area of the Marion County Jail, 40 S. Alabama Street.

The clearly labeled drop box is readily accessible in the Jail's lobby, where it is subject to round-the-clock observation. Deputies empty the box at least once daily.

A second drop box has been placed at the Lawrence Police Department's Public Safety Communications Office, 4450 McCoy St., adjacent to the Lawrence Fire Department.

By using a drop box to discard expired, unused and unwanted prescription drugs, Indianapolis residents lessen the chances of access by youth, help the environment and make their homes safer.

For More Information

To learn more about prescription drug abuse in Indiana, including drop box locations in other counties, visit <http://www.in.gov/bitterpill/>.