



Drug Prevention News

FOCUS ON: *Heroin and Prescription Drugs*

Paul Swiatek, Substance Abuse and Prevention Counselor /pswiatek@rhnet.org

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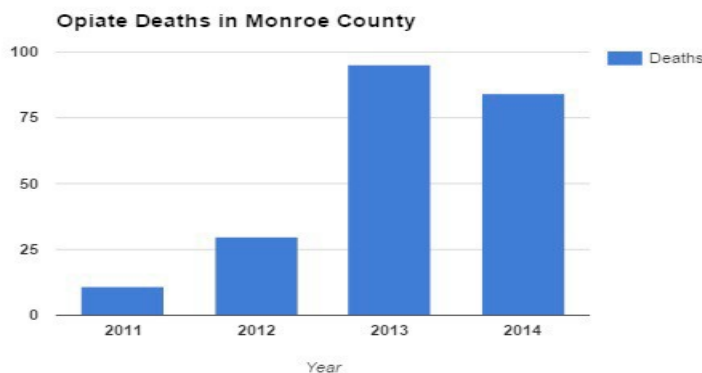
Examining opiate use and prevention nationally and in Rush-Henrietta.

<http://www.samhsa.gov/capt/sites/default/files/resources/heroin-brief.pdf>

Opiate Overview from the National Institute of Drug Abuse. (NIDA)

<http://www.drugabuse.gov/publications/drugfacts/heroin>

<http://www.democratandchronicle.com/story/opinion/guest-column/2014/11/28/broaden-proven-heroin-treatment/19633349/>



<http://www.democratandchronicle.com/story/news/2016/02/26/heroin-overdoses-high-locally-but-down-2014/80995414/>

Opiate and Heroin Use is on the Rise

National and local opiate use has been surging as a direct result of the increased availability of pain medication in our society. "Nearly half of young people who inject heroin surveyed in three recent studies reported abusing prescription opioids before starting to use heroin."

<http://www.drugabuse.gov/publications/drugfacts/heroin>

Here in Rochester, Dr. Patricia Halligan, a board-certified addiction psychiatrist writes, "I receive 10 to 15 desperate phone calls daily from young opiate addicts trying to get off opiates and onto Suboxone. (Suboxone is a prescription that reduces the effect of opiates and reduces cravings for the drug.) Opioid painkillers are the second most commonly abused substance among 12th-graders, following marijuana. The stories are similar: "I started taking Vicodin and Oxycontin in high school... got dope-sick when I ran out and had to keep taking pills to avoid withdrawal. I switched to heroin because it's cheaper. My life's a mess. I tried to stop, but I always relapse... the withdrawal is horrific and never ends. No Suboxone providers ever return my calls... PLEASE help me."

In this issue we will explore some of the issues surrounding opiate use:

- Prevention in the home
- Signs and symptoms
- Where to go for help
- Articles and videos of interest

Opiate Prevention in Your Home

Oftentimes, opiate use starts with the abuse of pain killers found in the home.

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm272905.htm>

Pain killers are commonly prescribed for teens recovering from sports injury or surgery.

<http://thehillcenter.com/addiction/prescription-meds-post-surgery/>

It is not uncommon for families to accumulate bottles of prescription medications: this is where many addicts get started.

It is wise to take an inventory of what drugs are presently being stored in your home.

<http://www.monroecounty.gov/hhw>

<http://www.monroecounty.gov/?q=node/6400>



Keep all prescription medications locked or secured in some way.



Closely monitor your child's recovery from injury or surgery.



When you are done using a prescription medication, safely dispose of it. Do not assume that just because you are not using it, someone else won't find it and start using it.

Where to Properly Dispose of Unused Drugs

- **Sheriff's B-Zone Henrietta:** Daily collections (M-F) 9 a.m. to 4 p.m.
- **Monroe County Ecopark:** Avion Drive (near the airport) has free disposal of expired prescription drugs. Call 753-7600(#3)
- **Brighton Police Department:** (2300 Elmwood Ave. 14618) Daily collections (M-F) 8 a.m. to 6 p.m. (excluding holidays)
- **April 30, 2016: National Prescription Drug Take Back Day**

Some Warning Signs of Opiate Use

1) Pinpoint Pupils



2) Irritability followed by peacefulness



The mood of an opiate addict will move between two extremes.

When off the drug, the person will become irritable and annoyed because their body is going through withdrawal. This is an extremely unpleasant experience for the user, and they fear it. Their main focus will be to obtain and use the drug.

When on the drug, the user is happy, content and in a dreamy state of pleasure.



3) Track marks



- Using needles to inject heroin will leave track marks on the legs, arms or hands of the user.

4) Money issues



Opiate drugs cost money, and addicts have to come up with ways to make money to support their habit.

- Dealing large or small quantities of drugs
- Stealing from work or at home
- Selling items for quick cash online or at pawn shops
- Prostitution
- No money in savings, or always borrowing money even though there is a source of income

5) Priority shift

For the addicted person, their drug becomes the primary relationship in their lives that demands increasing amounts of their time and energy. They will:

- Change friends to accommodate the drug
- Leave other interests behind to accommodate the drug
- Change their moral beliefs to accommodate the drug
- Disregard family members and family rules to accommodate the drug

Articles of Interest

Sports Illustrated article for young athletes and parents of athletes.

<http://www.si.com/more-sports/2015/06/18/special-report-painkillers-young-athletes-heroin-addicts>

Excellent essay on the use of Suboxone as a treatment for opiate addiction and the need for better access to this treatment in the Rochester area.

<http://www.democratandchronicle.com/story/opinion/guest-column/2014/11/28/broaden-proven-heroin-treatment/19633349/>

Good summary article with information about opiate and heroin use.

<http://www.cdc.gov/vitalsigns/heroin/index.html>

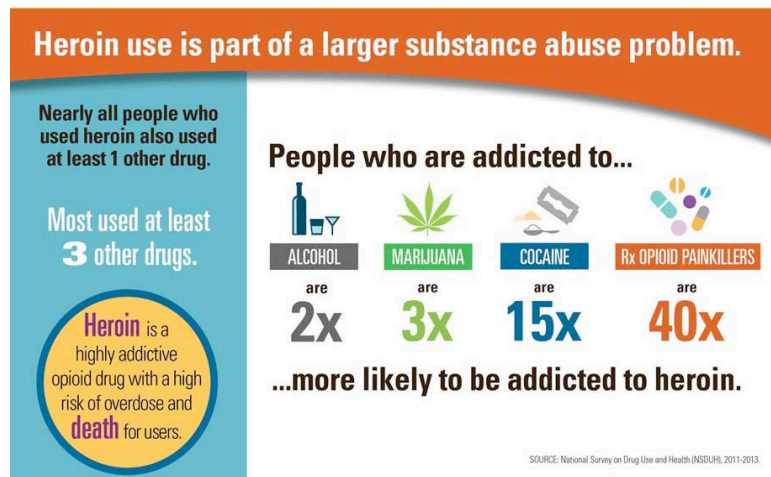


Athletes are often prescribed opiate pain killers for their injuries. Unsupervised, the use of pain pills can rapidly result in a powerful addiction.



Broaden local proven heroin treatment

Dr. Patricia Halligan, Guest essayist November 28, 2014, D and C.



Help is a phone call away.

Local resources

What if someone is using and needs some help?

- The first step to getting help is to recognize there is a serious problem. Oftentimes, it is the family members and friends who see the need for help long before the user ever will. Usually, the user is in denial of the problem.
- Start with contacting your primary care physician. Your doctor is the person who can help to get the process started.
- Do not hesitate to contact 911 if you feel a loved one has overdosed or is in danger.
- Dialing 211 will connect you with a person at *Lifeline*, and they can answer questions or recommend resources to get help.
- You can also contact one of the local area drug treatment centers for information or to get the process started with a chemical-use evaluation.
- Feel free to contact Paul Swiatek, Substance Abuse and Prevention Counselor at Rush-Henrietta Senior High School at (585) 359-5233 or pswiatek@rhnet.org

Some Area Resources if You Need Help

1. Westfall Associates

<http://westfallassociates.com/>

2. Rochester Regional Health (Unity)

http://www.unityhealth.org/chemical_dependency/services_chemdep_contactus.aspx

3. Conifer Park

<http://www.coniferpark.com/rochester-outpatient-clinic>

4. Strong Hospital Addiction Services

<https://www.urmc.rochester.edu/mental-health-wellness/addiction-services.aspx>

Some Videos of Interest

This is an excellent 26-minute video that summarizes the reasons why heroin and opiate prescription drugs have become a problem in our society.

https://youtu.be/nXAU_pWg0ss

Heroin at Home: The Rise of Opiate Use



A powerful 30-minute documentary made in response to overdose deaths in Orange County California. Kids and families tell their stories.

<https://youtu.be/e9oj3E-NPtI>

Overtaken: Orange County California



A brief 12-minute documentary that summarizes the problems of opiate use in youth Massachusetts.

<https://youtu.be/ZY5X2ZkvguM>

City of Marlborough: Opiate Addiction Awareness Documentary



Contact Information

pswiatek@rhnet.org
(585) 359-5233
Fax (585) 359-5276
Senior High School
1799 Lehigh Station Road
Henrietta NY 14467

Feel free to contact me with any comments, questions or concerns!



Paul Swiatek, LMSW Substance Abuse and Prevention Counselor

The last four heroin addicts that I have worked with in my clinical practice have been young adult males between the ages of 18 and 22. All four began their addictions by using pain medication. Three of them found Oxycontin in their parents' or grandparents' medicine cabinets. Much to my surprise, one young man was given large amounts of pain medication after getting his wisdom teeth taken out. Once these young people got hooked on opiate drugs, (and it doesn't take long!) they made the jump to heroin which is cheaper and easy to get. These four examples are typical of what we are seeing locally and nationally. You can watch the young man tell his story in the video "City of Marlborough Opiate Addiction Awareness Documentary" and get an idea of how this typically happens.

Many parents believe that "it will never happen to me." I hope this is the case. We should all have a solid awareness of what is happening right now in our society. No one is immune to this problem, and every parent whose child has had a problem with opiate drugs says, "I never thought this could happen to our family."

The purpose of my work in Rush-Henrietta is to help our kids realize their potential as students and young citizens. Illicit drugs and compulsive addictions block a young person's path to success. In the past 33 years working as a professional therapist with adolescents and their families, I have yet to witness a single case where the abuse of drugs has assisted anyone in their quest for personal success. On the contrary, the consequences of drug abuse can be life altering, serious, and permanent.

I am here to serve the children, parents, teachers, counselors and administrators in this district by offering my knowledge base, skill set and experiences. Please feel free to contact me for any reason!

**No Smoking.
No Vaping.
No Chewing.**



**Student support group meets
on Day E
at 2:05
in the Counseling Center
with Mr. Swiatek.**

In our high school, we offer the following services:

- Drug prevention education in our health classes.
- Individualized chemical prevention counseling sessions.
- Specific group chemical use/abuse prevention education depending on the issues and needs at the time.
- Chemical abuse assessments for individuals who are exhibiting problems.
- If a student appears to be under the influence of chemicals while in school, they will be assessed by the nurse and parents will be contacted.
- We work with family members to assist them with any concerns or questions that they may have about their children and chemical use issues.
- Work with students to create prevention campaigns in the schools.
- CARE teams meet on a regular basis to implement services with students who exhibit academic or behavioral problems caused by chemical use issues.
- Rush-Henrietta school buildings and grounds are smoke free and drug free.

Community Resource for Rush-Henrietta!

<http://www.randhhealthysafecommunity.org>

Here is a great new website to check out if you live in Henrietta! Your Rush and Henrietta Community Health and Safety Coalition works in conjunction with over 5,000 other coalitions across the country in an attempt to prevent drug abuse. Recently members of our coalition attended the annual CADCA (Community Anti-Drug Coalitions of America <http://www.cadca.org/>). Over two thousand members gathered to share information and meet with their representatives in Congress on February 1-4, 2016.

Click on the link below to access our Website.

<http://www.randhhealthysafecommunity.org>

Rush and Henrietta Community Health & Safety Coalition

Rush & Henrietta Community Health and Safety Coalition is a collaboration of residents and representatives from local community organizations.

Our Vision

A Community of Safe and Healthy Youth.

Our Mission

To unify and mobilize the communities of Rush and Henrietta to keep kids safe from harmful influences and promote the positive and drug-free development of all our youth.