

How to Get Help

If you know someone has issues with continued substance use, seek professional help. A doctor can screen for signs of drug use and related health conditions and suggest possible next steps. Other more immediate resources include:

988 Florida Suicide & Crisis Lifeline

Call, text, or chat 988 to be connected to trained counselors who will listen, provide support, and connect you to additional resources if necessary.

[MYFLFAMILIES.COM/
SUICIDEPREVENTION](https://myflfamilies.com/suicideprevention)

CORE Network

A long-term substance use disorder recovery program designed to establish a coordinated system of care for those seeking treatment for substance use disorder.

[FLCORENETWORK.COM](https://flcorenetwork.com)

ISave Florida

Drug overdose is a nationwide epidemic and an increasing number of Floridians are losing their lives to overdose - you can help save a life with naloxone.

[ISAVEFL.COM](https://isavefl.com)

Local Services

If you or someone you know is in need of substance abuse and/or mental health services, our local managing entities can help you locate available programs.

[MYFLFAMILIES.COM/
SAMH-GET-HELP](https://myflfamilies.com/samh-get-help)

Addressing Prevention With Your Students

Listen

A student may come to you for advice, or you may notice concerning changes in behavior. Refrain from judgment. Listen, and try to learn more about what's going on.

Talk early and often

Regular conversations about the risks of drugs and alcohol can help. Know your school's prevention plan, and address substance use in different ways throughout the year.

Start with the science

Discuss the mental and physical health impacts of drugs. Focus on the harm substance use can do to academics and relationships.

Practice

Consider taking time to role play various scenarios about coping with stress, what to do if a friend offers you drugs or alcohol, or what to do if a friend needs help.

The Facts. Your Future. is a multifaceted initiative led by Florida's First Lady Casey DeSantis to heighten youth understanding of the dangerous and life-altering effects of substance use.

Get more facts about **Prescription Drug Misuse**

TheFactsYourFuture.org

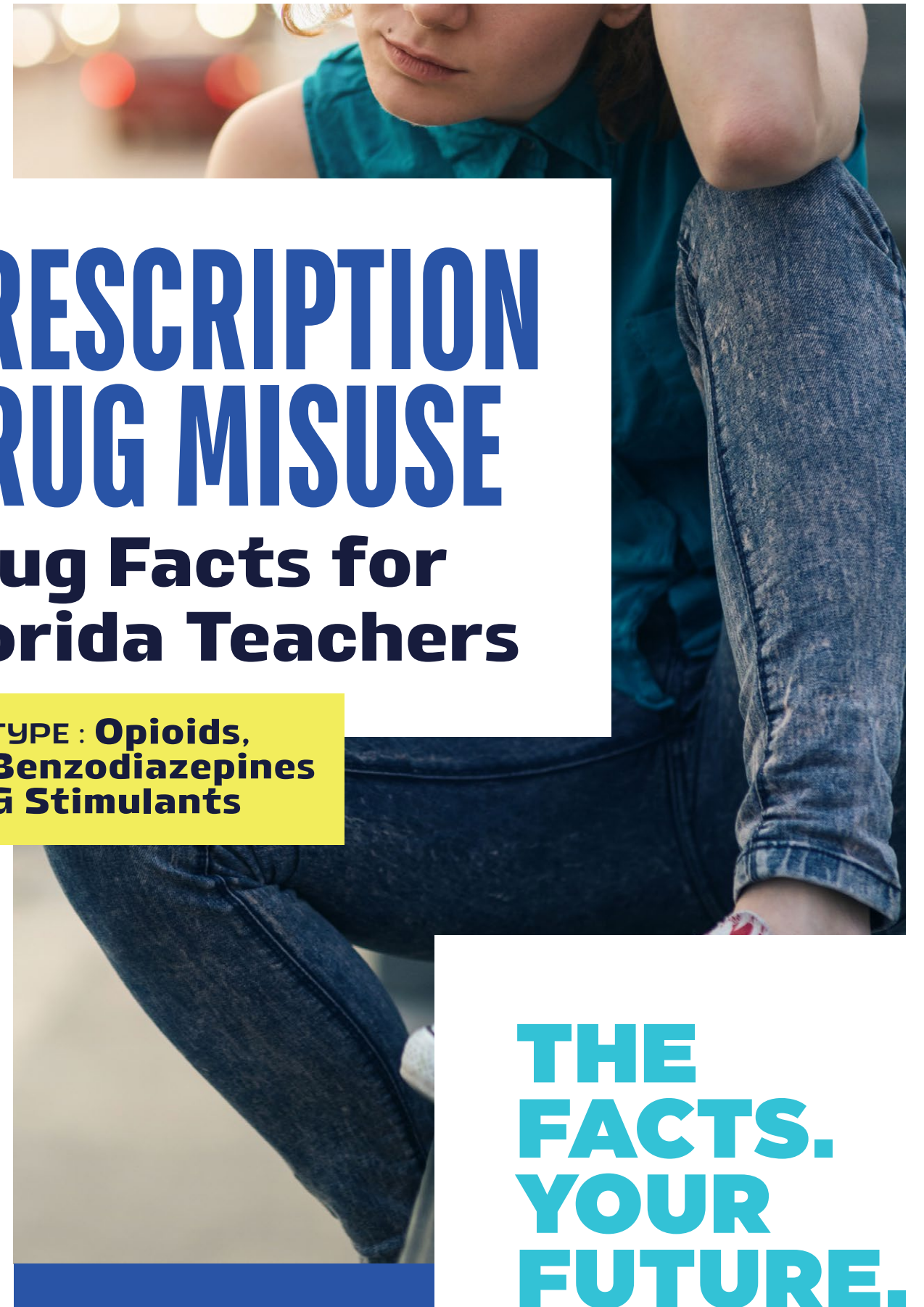


PRESCRIPTION DRUG MISUSE

Drug Facts for Florida Teachers

**TYPE : Opioids,
Benzodiazepines
& Stimulants**

THE FACTS. YOUR FUTURE.



Prescription Drug Facts

OVERVIEW

While some pills are medically prescribed for specific health reasons, misuse of prescription drugs can happen due to their availability in a student's home or the home of a family member. Misuse of these pills means taking a medication in a dose other than prescribed, taking someone else's prescription, even for a legitimate medical complaint such as pain, or taking a medication to feel a sense of euphoria (i.e., to get high).

Prescription drug misuse can have serious medical consequences, from addiction to overdose deaths. Students or family members may be prescribed pills for pain (such as OxyContin), mental health treatment (benzodiazepines), attention disorders (Adderall), etc., it is important to keep in mind the potential exposure and risk this may have on our youth, who may see an opportunity to wrongfully take pills. This often leads to disastrous outcomes.

OPIOIDS

Opioids include painkillers such as oxycodone, hydrocodone, oxycontin, codeine, and morphine. Opioids are highly addictive and can often lead to using other more dangerous drugs.

- In 2021, **72% of drug overdose deaths** among Florida youth involved opioids.

Florida is experiencing a major increase in **fake prescription pills laced with fentanyl**, one of the most dangerous drugs we've ever seen, causing **overdoses and death**.

One in four teenagers believe that prescription drugs can be used as a **study aid**.



- **One single dose** of an opioid can cause **respiratory failure and death**. Mixing these drugs with alcohol increases these risks.
- Abuse of painkillers **can lead to heroin use** and other extreme drug use.

BENZODIAZEPINES

"Benzos" are also known in their prescriptive form as Xanax, Valium, Klonopin, and Ativan. Many illicit drug users combine them with other drugs, making them even more harmful.

- These drugs have a similar sedative effect on the brain as alcohol and are **highly addictive**.
- Mixing these drugs with alcohol or opioids can result in **overdose, heart attack, or death**.
- Abuse of these drugs can result in **memory loss, cognitive damage, or psychosis**.

STIMULANTS

There are many kinds of stimulants, and some of the ones most abused by teens are medications to treat attention deficit disorders, including Adderall, Vyvanse, Focalin, and Ritalin.

These medications are highly addictive and dangerous when abused. Abuse can harm the brain and body:

- Psychosis
- Paranoia
- Mania
- Suicidal thoughts
- Seizures
- Heart failure
- Tremors
- Dangerous body temperature fluctuations



Some of the most common and dangerous prescription pills include **opioids, benzodiazepines, and amphetamines**.



**THE
FACTS.
YOUR
FUTURE.**