

SCCUDD Monthly Memo

Volume 2, Issue 3, March 2016

Is Your Medicine Cabinet Secure?

Prescription and over-the-counter medications can be dangerous when misused or taken accidentally. While many types of medication can be misused, prescription opioids and benzodiazepines are some of the most dangerous. Prescription opioids include pain relievers like Hydrocodone (Vicodin®), Oxycodone (OxyContin®), Oxymorphone (Opana®) and Fentanyl (Duragesic®). Benzodiazepines include depressants like Diazepam (Valium®) and Alprazolam (Xanax®). In 2013, there were 22,767 deaths involving prescription drug overdose and 16,235 (71.3%) of those deaths involved opioid pain relievers and 6,973 (30.6%) involved benzodiazepines.

In Schuyler County, 10.6% of seventh through twelfth grade students have used prescription drugs not prescribed to them, with 7.6% reporting misuse of prescription pain relievers. This is especially concerning as misuse of prescription pain relievers can develop in to heroin use.

Medications are often easily available in family medicine cabinets across the community. If not properly secure, the medicine cabinet can provide children, teens, adults, and other house guests with easy access to these medications.

Tips to secure your medicine cabinet

- Be aware of the medications you have in your home. A medicine cabinet inventory can be useful to help you keep track of what you have.

Medication Name and Strength	Date Filled	Expiration Date	Original Quantity	Quantity Remaining			
				Date	Date	Date	Date

- Ask your doctor if any of your medications have the potential for abuse
- Keep medications out of reach of children and adolescents
- Dispose of expired or unused medications at the 24/7 confidential drop box at the Schuyler County Sheriff's Office in Watkins Glen

Upcoming Meetings & Events

Meeting	Location	Date	Time
Coalition Meeting	Shared Services Building Conference Room	Mar. 15	3 pm

Subcommittees:

• Alcohol	FLACRA	Mar. 8	2 pm
• Parent	WG Library	Mar. 22	3 pm
• THC	FLACRA	Apr. 15	10 am
• Tobacco	Public Health	May 3	9 am



Public Health
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Schuyler County, NY

Questions or comments?

Please visit <http://www.schuylercounty.us/SCCUDD> or call (607) 535-8140

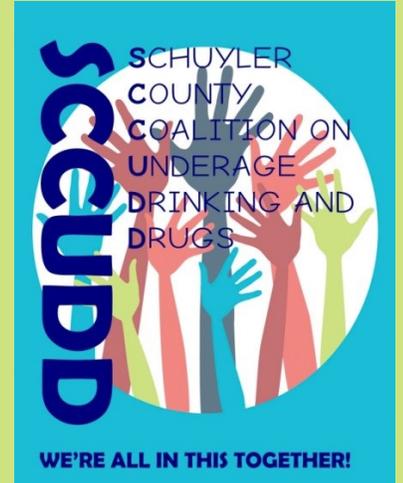
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Hey! Got a few minutes?

The Schuyler County Coalition on Underage Drinking and Drugs (SCCUDD) is looking for community input on the substance use problems facing the community

surveymonkey.com/r/SCCUDD



If you are a Schuyler County resident over the age of 18 take the survey and let us know what you think!

Upcoming activities and events

- Emerging Drug Concerns Part III: Underage Drinking in April
- Alcohol Awareness Month in April
- Youth-designed events
- And much more!



Meet a Member: get to know people in SCCUDD

- **Name:** Kris Morseman
- **Occupation:** Pantry Coordinator, Schuyler County Outreach Food Pantry
- **Why did you decide to join SCCUDD:** I was scared of what was going on in the community and what my kids would be facing
- **Hobbies:** Reading, cats, walking dog
- **Favorite food:** Cheeseburger
- **Do you have any pets:** 5 cats, 1 dog
- **What is one interesting thing people should know about you:** I have 2 children and I got two more as a wedding present



Sources:
2015 Schuyler County Communities That Care Youth Survey
Centers for Disease Control and Prevention. (2016, January 28). Injury Prevention & Control: Prescription Drug Overdose. Retrieved March 04, 2016, from <http://www.cdc.gov/drugoverdose/>
National Institute on Drug Abuse. (2015, March). Prescription Drugs & Cold Medicines. Retrieved March 04, 2016, from <https://www.drugabuse.gov/drugs-abuse/prescription-drugs-cold-medicines>
Office of Alcoholism and Substance Abuse Services. (2015, July 1). Is Your Medicine Cabinet Safe? A Medicine Cabinet Inventory. Retrieved March 4, 2016, from <http://www.oasas.ny.gov/publications/pdf/medicynecabbrochure.pdf>

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