

APRIL 2018



# PANORAMA

Geauga County Board of Mental Health and Recovery Services

24/7 Geauga County Crisis Hotline

Call COPELINE at 1-440-285-5665 or 1-888-285-5665

## CRISIS TEXT LINE

Text 4hope to 741741 for Free, Confidential, 24/7 Support



## APRIL IS ALCOHOL AWARENESS MONTH

Alcohol Awareness Month was established in 1987 by the National Council on Alcoholism and Drug Dependence (NCADD) to help reduce the stigma that is often associated with alcoholism and to increase public awareness and understanding of the disease.

Alcoholism is a chronic and progressive disease that affects individuals, families and children and can be fatal if not treated. But people can and do recover!

This year's theme "Changing Attitudes-It's Not A Rite Of Passage" is designed to draw attention to the many opportunities we all have to educate young people on the dangers of alcohol use. We often think of underage drinking as a "rite of passage" and hope that kids will "get through it". We can change our attitudes and take an active role in learning about alcohol and drugs and help young people do the same.

Here are some facts about alcohol from NCADD. Go to their website at [www.ncadd.org](http://www.ncadd.org) for more information:

- Alcohol is the most commonly used addictive substance in the United States
- Over 1.6 million young people reported driving under the influence in the past year
- Drinking is associated with the leading causes of death among young people
- Alcohol and drugs are the leading causes of crime among youth
- Alcohol and drugs are the leading factors in teenage suicide
- Kids who drink are more likely to have serious school-related problems

A supportive family environment is associated with lower rates of alcohol use for adolescents. Kids who have conversations with their parents/caregivers about the dangers of alcohol and drug use are 50% less likely to use alcohol and drugs than those who don't have such conversations.

Here are some helpful tips for parents and caregivers:

- Teach children that abstinence from alcohol is an acceptable lifelong decision
- Connect with your child's friends and their parents
- Promote healthy activities
- Establish clear family rules about alcohol and drugs
- Be a role model and set a positive example
- Be aware of your child's activities
- Keep track of alcohol and prescription drugs

Get help if you suspect your child is having a problem with alcohol and/or drugs - don't wait!

If you or someone you know is experiencing alcohol or substance abuse issues, local help is available. Call COPELINE at 440-285-5665 or 1-888-285-5665. This is a 24-hour hotline available to Geauga County residents and funded by the Geauga County Board of Mental Health and Recovery Services. You can also contact the following agencies: Lake-Geauga Recovery Centers at 440-255-0678 or Ravenwood Health at 440-285-3568.

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## OPIOID PRESCRIPTIONS DECLINE

Opioids prescribed to Ohio patients declined for the fifth consecutive year in 2017, according to a newly released report from the State Board of Pharmacy's Ohio Automated Rx Reporting System (OARRS).

Between 2012 and 2017, the total number of opioids dispensed to Ohio patients decreased by 225 million doses or 28.4 percent. The report finds an 88 percent decrease in the amount of people engaged in the practice of doctor shopping since 2012.

The number of doses dispensed to GEauga COUNTY residents in 2017 dropped from 3,919,385 in 2010 to 2,925,760.

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## NATIONAL DRUG TAKE BACK DAY 2018 IS APRIL 28TH



According to the Partnership for Drug-Free Kids, the most important spring cleaning you can do is to get rid of old, unused or unwanted medicine. Medication abuse among youth continues to trend upwards at an alarming rate. Two-thirds of teens who report abusing medicine are getting it from friends, family members and acquaintances. Young people reported using medicine to get high, treat pain, sleep, stay awake, fit in or to do better in school.

The Partnership for Drug-Free Kids suggests using the following three steps to monitor, secure and properly dispose of unused and expired prescription drugs and over-the-counter medicines in your home:

- Monitor - take note of how many pills are in each of your bottles and keep track of the refills
- Secure - secure medication in a locked cabinet
- Dispose - safely dispose of expired and unused medication at a drug take-back location

National Take-Back Day is Saturday, April 28th from 10:00 AM to 2:00 PM. The official drop off location for Take Back Day is the Geauga County Sheriff's Office, located at 12450 Merritt Road in Chardon. Other local drop off locations include:

- Chardon City Police Department, 111 Water Street, Chardon
- Chester Township Police Department, 12701 Chillicothe Road, Chesterland
- Hunting Valley Police Department, 38251 Fairmount Boulevard, Hunting Valley
- Middlefield Village Police Department, 14860 North State Avenue, Middlefield
- Russell Police Department, 14820 Chillicothe Road, Novelty

Before dropping off unwanted medication, you should remove the label or black out your name and personal information so that it is unreadable. Medications should be left in their original container. Drop off sites are not equipped to receive liquids, needles or syringes. If you miss Take Back Day on April 28th, the above locations are available for drug disposal all year.