



DOSE OF REALITY
PREVENT PRESCRIPTION PAINKILLER ABUSE IN FLORIDA.

DoseOfRealityFL.com

TALKING POINTS FOR COACHES

Coaches and Athletic Directors, please see below for some talking points about the prescription painkiller abuse epidemic that can be shared with your community.

- Prescription opioid misuse in our communities is a public health crisis in Florida.
- The DOSE OF REALITY campaign was adopted by Florida Attorney General Ashley Moody to raise awareness of this issue and to begin the work toward prevention.
- The DOSE OF REALITY campaign has the following goals:
 - Inform and educate about the improper use of prescription opioids
 - Warn about the dangers of inadequate storage of prescription opioids, including prescription cough syrups
 - Inform each audience as to the role they play in education and misuse prevention, from medical providers and parents to high school students and young adults
 - Encourage positive action, such as safe disposal, alternative pain therapy, family conversations about substance use, and committing to do well in school
- Those at highest risk for becoming addicted to opioids and narcotics are young people, age 12-25.
- Reasons young people might misuse prescription painkillers:
 - Peer pressure
 - To relieve depression
 - To cope with stress
 - To increase alertness so they can do better in school
 - To manage their weight
 - To relieve pain
 - To experiment
 - To escape reality or make reality more bearable
- Misperceptions about prescription painkillers:
 - Safe to use because they were prescribed by a doctor
 - More effective than over-the-counter painkillers
 - It's ok to take a prescription from someone else because they are just painkillers



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- The DOSE OF REALITY about prescription painkillers:
 - o ONLY safe to use when the prescription is followed, AND the prescription should ONLY be used by the person for whom it was prescribed.
 - o Studies show that over-the-counter painkillers, such as ibuprofen or even aspirin, are just as effective, if not more so, than prescription painkillers, for relieving most pain, AND there is less risk of addiction.
 - o It is ILLEGAL to share your prescription opioids (or narcotics) with anyone else.

More Facts:

- Among U.S. youths ages 12-17, more than 750,000 report misusing pain relievers at least once in the past year.
- About 3 out of 4 people seeking treatment for heroin use disorder misused prescription opioids first.
- Nearly 60% of youth who misuse prescription painkillers get them through friends or relatives.

What you should do:

- Encourage students to call the free, confidential, 24/7 national substance misuse hotline at **1-800-662-HELP (4357)**.
- Safely store all prescription medications by locking them up.
- Safely dispose of unused or unwanted medications by going to a drug disposal location or Drug Take Back location nearest you.
- Encourage students to ask their doctor for a non-opioid or non-narcotic alternative for pain, if prescribed.
- Spread the word and raise awareness about the dangers of opioid misuse on social media.
- Let your student know that you will stand by them and offer support if they need it.
- Visit www.DoseOfRealityFL.com for more resources including drug take back locations, treatment locators, and other information.