



Is your sibling or friend at risk?

Adverse Childhood Experiences (ACEs) are traumas experienced in childhood that cause toxic stress in the body. This stress can change brain chemistry, shape educational outcomes, and influence a person's future health and well-being. It can also make you more susceptible to risky behavior and substance abuse. In Wisconsin 21.2% of children have experienced at least one ACE, and those who reported 5 or more ACEs were three times more likely to misuse prescription pain medication. If your sibling/friend has experienced any of the following ACEs, they may be at risk of opioid abuse: Physical, emotional or sexual abuse. Neglect. Mental illness of a household member. Alcoholism, or illegal drug use of a household member. Divorce or separation of a parent. Domestic violence towards a parent. Incarceration of a household member.

APPROPRIATE MEDICATION USE

Always follow safe medication use: Don't share your prescription painkillers or other medications with anyone and don't take someone else's medication.

When picking up a prescription: Read the label. Count the number of pills and make sure it matches the amount indicated. When getting a refill, examine the pills to make sure they look the same as the last batch. If you have questions about your medication, ask the pharmacist while you are there.

When taking medication at home: Take only as needed, never take more than prescribed. Always double check the label to make sure your taking the correct pill. Never crush unless instructed by your doctor or pharmacist.

If something goes wrong: If you or someone you know has an adverse reaction to a new prescription, call your doctor immediately. If you miss a dose, call your doctor for instructions. If you take too large of a dose or take the wrong medication, call the poison control center immediately at 800-222-1222.



DOSE OF REALITY
PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN.

A Dose of Reality for Siblings and Friends

In Wisconsin, more people die from prescription painkiller overdoses than all other drugs. More than 70% of people who abuse prescription painkillers get them from friends or relatives. In recent years, the rate of prescription painkiller overdoses has **increased 260%** among Wisconsin's young people ages 12-25. If your friend/sibling starts acting withdrawn, depressed, hostile or fatigued for no apparent reason, you might not suspect anything is wrong, but this could be a sign of drug-related problems. If you suspect your sibling or friend is at risk of abusing painkillers understand the risk factors for abuse of painkillers. Educate yourself about addiction, treatment and recovery. Create boundaries for yourself. You may find yourself in situations where you feel the need to cover for your sibling or friend. Encourage them to seek help and get the treatment they need. Tell them you will stand by them and offer support if they need it. Be open with parents and loved ones who may not know about the severity of prescription painkiller abuse. There is a free national hotline available that is funded by the U.S substance Abuse and Mental Health Services Administration (SAMHSA). Call 1-800-662-HELP (4357). You will be given a list of centers in your area that can best meet the treatment and financial needs of the person needing help. People without insurance are referred to state offices that can guide them to state funded programs, and refer centers that charge on a sliding scale fee or accept Medicare or Medicaid.

Visit DoseOfRealityWi.gov for more information

Crisis/Support Hotlines

Human Service Center Mental Health Crisis Line

1-888-299-1188

A confidential 24-hour, 7 days a week crisis line

24/7 Free Trained Crisis Counselors

Text "HOPELINE" to 741741

Veterans Crisis Line

1-800-273-8255 Press 1 or TEXT to 838255

Suicide Prevention Lifeline

1-800-273-8255

Recovery Warmline (7 am – 7pm)

715-221-8504

UPCOMING EVENTS:

Youth Mental Health First Aid Training

When: Tuesday February 12th 8am-4:40 pm

Where: Forest County Board Room-Crandon

The Community Coalition of Forest County is sponsoring a one-day free Evidenced Based training for school personnel, faith leaders, coaches, and other caring community members who have regular contact with young people ages 12-18.

Participants will gain knowledge of common mental health challenges for youth and learn strategies to help youth in both crisis and non-crisis situations.



Community Coalition of Forest County
working together to identify and address community goals

In April 2018, Forest County collected 85 pounds of prescription medications, and 150 pounds in October at the Drug Take Back days for a grand total of **235 pounds**, which is up from 160 pounds in 2017. Let's keep this going, we will be having a Drug Take Back on April 27, 2019. There is a 24/7 drop box in the lobby at the Sherriff Department.

Mission Statement

The Community Coalition of Forest County shall inform and engage all age groups and cultures of our community in a collaborative effort to measurably improve the health and well-being of our residents with a focus on youth substance abuse and prevention.

Stay informed by visiting our website!

www.forestcountycc.org

Find us on Facebook

Community Coalition of Forest County

Deterra Drug Deactivation Pouches

At-home drug disposal with the patented Deterra® Drug Deactivation System is the simplest and most effective way to keep drugs out of our lakes, rivers streams and drinking water. Deterra is scientifically proven and powered by proprietary MAT₁₂ Molecular Adsorption Technology. In a simple 3-step process, a user can deactivate drugs, rendering them inert, unavailable for misuse and safe to the environment.

The Community Coalition of Forest County has purchased Deterra pouches as well as personal medication lock boxes to distribute to Forest County residents. **If you or someone you know could benefit from these easy to use drug disposal pouches or a lock box, please call or stop by the Forest County Health Department 715-478-3371.**

