



## A Dose of Reality for Coaches

4 out of 10 teens think prescription drugs are less dangerous and less addictive than street drugs. In Wisconsin, the rate of prescription painkiller overdoses has increased 260% over the past years among young people ages 12-25.

**If you suspect your athlete is at risk:** If you notice one of your athletes has begun losing interest, become withdrawn, depressed, hostile or fatigued for no reason, you may not guess that something is wrong right away. But it could be a sign of a drug related problem.

**Coaches can:**

Understand the risk factors for abuse of painkillers: stress over school work or exams, trouble with friends, depression, anxiety. Talk with athletes and parents about the risks and dangers of prescription painkillers, especially opioids and narcotics. Encourage parents and athletes to ask doctor for non-narcotic alternatives to painkillers. Let parents and athletes know that you will stand by them and offer support if they need it. Review your school's policies on drug use and encourage administrators and other coaches to consider updating them to include use and/or abuse of narcotic painkillers. Watch athletes for signs of addiction.

In 2018, Forest County collected a grand total of 235 pounds of prescription medications! This is up from 160 pounds in 2017. At the April 2019 take back event 65 pounds were collected. Fall is a perfect time to clean out those cupboards and medicine cabinets of unused medications! Help keep our community safe! There is a 24/7 drop box in the lobby at the Forest County Sheriff Department. **You can bring:** Prescription medications, over the counter meds, ointments, patches, non-aerosol sprays, and inhalers. **Do Not Bring:** Illegal drugs, needles/sharps, or aerosol cans, biohazardous materials (anything with blood or bodily liquids), mercury thermometers or personal care products (shampoo, soaps, lotions, sunscreens, etc.), household hazardous waste (paint, pesticides, oil, gas).

## October 26, 2019 is National Drug Take Back Day!!!

Bring your old medications or unused medications you no longer need and dispose of them at the Forest County Sherriff Department in the lobby. Safe disposal saves lives!



**DOSE OF REALITY**  
PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN.

### A Dose of Reality for Employers:

*Opioid abuse causes business to lose \$26 billion/year from the consequences of prescription pain medication abuse, including absenteeism, lost productivity, and lost earnings from premature death. Workplace insurers spend \$1.4 billion/year on narcotic and opioid painkillers. It cost 9 times more to treat a workplace injury when narcotic painkillers are prescribed. 4 out of 5 employers have to deal with opioid prescription addiction or abuse in their workplace and 81% of employers feel unprepared to deal with prescription drug misuse.*

**Employers can:**

Check with your human resources dept. before you do anything. Although federal and state laws limit your options in addressing prescription drug use in the workplace, that doesn't mean you can afford to do nothing. Evaluate your company's drug policy, make sure it includes addressing narcotic and prescription painkillers as well as illegal drugs. Revise your policy with treatment in mind-instead of firing a struggling employee, focus on recovery and retention. Offer support, resources, and open communication rather than implementing a zero tolerance policy. Retention benefits both the employer and the employee, putting them in the best situation to seek help and pursue treatment. Educate employees about the dangers of prescription painkiller use and misuse. Train supervisors and managers to recognize the signs of drug impairment, and the proper steps to take if they suspect an employee is impaired. Look into use of Employee Assistance Programs (EAPs). Post and distribute free DOSE OF REALITY informational and educational materials in communicating with managers, supervisors, and employees. Go to [doseofreality@doj.state.wi.us](mailto:doseofreality@doj.state.wi.us) to order.



## Forest County DEC (Drug Endangered Children) Diaper Drive

*“A drug endangered child is a person, under the age of 18, who lives in or is exposed to an environment where drugs, including pharmaceuticals, are illegally used, possessed, trafficked, diverted, and/or manufactured and as a result of that environment: the child experiences, or is at risk of experiencing, physical, sexual, or emotional abuse; the child experiences, or is at risk of experiencing, medical, educational, emotional, or physical harm, including harm resulting or possibly resulting from neglect; or the child is forced to participate in illegal or sexual activity in exchange for drugs or in exchange for money likely to be used to purchase drugs.” Federal Interagency Task Force for Drug Endangered Children (2010)*

The Forest County Drug Endangered Children Committee and the Community Coalition of Forest County request the support of the community to help our children in need. Many times when children are removed from these environments they come with the clothes on their backs. On National Night Out we are asking for donations of diapers of all sizes to be donated to the Forest County Foster Care Closet.

### UPCOMING EVENTS:

- **August 6<sup>th</sup>:** National Night Out 4-7 pm-Forest County Sheriff Department parking lot.
- **August 16:** Mole Lake Health Fair-Teen Bedroom, Dose of Reality displays.
- **August 22:** Youth Mental Health First Aid Training 8-4:30, Forest County Boardroom.
- **August 24<sup>th</sup>:** Racing for Recovery- Brad Seavers Story-Mole Lake Casino Lodge-2 pm.
- **August 31<sup>st</sup>:** National Overdose Awareness Day.
- **Sept. 18: QPR Training 4:30** Forest County Courthouse-Boardroom. (Suicide Prevention)
- **Oct:23-31-Red Ribbon Week.** (Oct 22) Mike McGowan- Wabeno School-Laona and Wabeno Students, (Oct 23) Crandon Students. Red Ribbon Walk-5:00 Courthouse to the school, community Café to follow.
- **October 26<sup>th</sup>-National Drug Take Back Day-** Forest County Sheriff Dept. Lobby drop off site.

The CCFC is sponsoring a drive for the Forest County Foster Care Closet.

Items needed are: Baby Shampoo, Baby Wash, Baby Wipes, Baby lotion, Baby blankets, Comb or brush, Children’s toothpaste and toothbrush, Nuk, Bottles, Sippy Cups, socks, PJ’s all sizes, Pants, shirts, underwear ages 5-12, Gently used car seats are also needed. Items can be brought to The Forest County Social Services Department.

Stay informed by visiting our website!

[www.forestcountycc.org](http://www.forestcountycc.org)

Find us on Facebook

**Community Coalition of Forest County**

#### 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.



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