



## A Dose of Reality for Educators

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**If you suspect your student is at risk:** If you notice your student acting withdrawn, depressed, hostile or tired for no reason, you may not suspect anything. But it could be a sign of a drug related problem.

### **Educators can:**

Understand the risk factors for abuse of painkillers: stress over school work or exams, trouble with friends, depression, anxiety. Talk with students and parents about the risks and dangers of prescription painkillers, especially opioids and narcotics. Encourage parents and students to ask doctor for non-narcotic alternatives to painkillers. Let parents and students 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 to consider updating them to include use and/or abuse of narcotic painkillers. Watch students for signs of addiction.

## Take Action to Prevent Prescription Painkiller Abuse

Discuss effective painkiller alternatives to prescription opioids (or narcotics) with your doctor, dentist or prescribing medical professional.

Talk to your kids about the dangers of taking medications not prescribed to them, especially prescription painkillers.

Only take medicine as long as it is needed, and never more than the prescribed amount.

Store your prescription painkillers in a safe place preferably in a locked cabinet.

Dispose of unused, expired or unwanted medication properly. For a list of Drug Take

Back locations in Wisconsin, visit [DoseOfRealityWI.gov](http://DoseOfRealityWI.gov).

## April 27, 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 Sheriff's Department in the lobby. Safe disposal saves lives!



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

## WHAT PARENTS NEED TO KNOW ABOUT METHAMPHETAMINE

**KNOW  
METH**  
[knowmethwi.org](http://knowmethwi.org)

**What is it?** Methamphetamine (Meth) is a highly addictive stimulant drug that can be made from common household items. Wisconsin's main source of meth is being trafficked from Minneapolis and St. Paul Minnesota to northwestern Wisconsin.

**What does it look like?** Meth can be found in the form of pills or a white or cloudy powder, while crystal meth is similar to clear glass shards or shiny bluish white rocks.

**What are common street names?** Meth, chalk, Crank, Crystal, Glass, Ice, Up, Speed, Shards.

**How is it used?** Meth is taken orally, smoked, snorted, or dissolved in water or alcohol and injected. Smoking and injecting the drug are the quickest ways to access the brain.

**Why does it appeal to people?** By smoking or injecting meth, a person experiences an intense "rush" that lasts only a few minutes; however, meth highs are known for being long lasting. Meth is described as being highly pleasurable and can produce a feeling of extreme wakefulness.

# GARBAGE CLEANUP

HOW TO RECOGNIZE METH LAB WASTE

**KNOW  
METH**  
KNOWMETHWJ.ORG



**Meth waste can be deadly. If you encounter any of these items, DO NOT TOUCH IT. Note the location and report it to local law enforcement.**

Meth lab waste can be extremely harmful to anyone who encounters it. **Pay attention to signs of meth lab waste when collecting trash.**

## ITEMS YOU MIGHT SEE INCLUDE:



Any of the following containers: rubbing alcohol, acetone, brake fluid, paint thinner, drain cleaner, engine starting fluid, camping fuel



Bed sheets or pillowcases stained red or containing a white powdery residue



Rubber gloves



Medicine boxes or blister packs from over the counter cold and asthma medicines, pill residue (putty looking substance pink to red in color)



Plastic soda bottles or glass cookware with rubber hoses attached



Lithium batteries that appear to be unrolled



Containers of sulfuric, muriatic or phosphoric acid



Plastic or rubber tubing, hoses and clamps



Cat litter



Respirator masks

## UPCOMING EVENTS:

**April 4<sup>th</sup>: Written Off Documentary at the Nancy Volk Auditorium at the Wabeno High School. 5:30-Teen Bedroom, 6:00- Free Screening of Written Off. 7:30- Discussion Panel.**

**April 24<sup>th</sup>: National DEC (Drug Endangered Child) Awareness Day.**

**April 27<sup>th</sup> DRUG TAKE BACK at Forest County Sheriff's Department**

**May 12-18 is SAMSHA National Prevention Week**

**May 18<sup>th</sup>-Forest County Prevention Parade, and community gathering. 12-4 Crandon Community Building**

In April 2018, Forest County collected 85 pounds of prescription medications, and 150 pounds in October at the Drug Take Back events for a **grand total of 235 pounds!** This 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 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).

Stay informed by visiting our website!

[www.forestcountyycc.org](http://www.forestcountyycc.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