Prevention

What our community is doing

Education: Improving the way prescription painkillers are prescribed can reduce the number of people who misuse, abuse or overdose from these powerful drugs, while making sure patients have access to safe, effective treatment.

- Community education: In October 2011 PSAs on prescription drugs were broadcast on Clear Channel (106.5 FM) and Bay News 9.

Law Enforcement: Florida’s pill mill law, which went into effect July 1, 2011, provides law enforcement with the tools necessary to eliminate improper prescribing practices and stop pill mills.

Monitoring: The Florida Prescription Drug Monitoring Program went into effect September 1, 2011. The PDMP provides information to guide practitioners who prescribe and dispense highly-abused prescription drugs.

Disposal: A permanent drug drop is located in the Manatee County Sheriff’s Office, 600 US Hwy 301 West, Bradenton. Find additional locations.

To report a pill mill call the Sheriff’s Office, 747-3011, Ext 2560. Callers may remain anonymous. Sherriff Stuebe’s PSA

What you can do

Be a responsible consumer:

- Know the side effects of your medications, including potential for abuse.
- Never share medications; take medication as prescribed.
- Use the same physician and pharmacy; avoid doctor shopping.
- Tell healthcare providers about all prescriptions, over-the-counter meds and dietary supplements you are taking.
Consider alternative treatment for pain, anxiety and sleep disorders. In many cases, medications do little to relieve chronic pain. Seek evidenced-based treatments from licensed practitioners. Learn more: Mayo Clinic

**Most people who abuse prescriptions get them from family and friends. Act now to protect your family. Ask grandparents and parents of your teens’ friends to do the same.**

- **Monitor:** Count pills, keep track of refills, and control access.
- **Secure:** Remove medications from medicine cabinet, nightstand and purse; secure well, preferably in a locked cabinet.
- **Dispose** of unused or expired prescription and over-the-counter medicines.

Read more: Drug take-back

**What parents can do**

Teens are 50% less likely to use drugs when they learn about the risks from their parents.

- Be aware of the latest fads and **emerging issues**.
- Get information from reliable sources: Evaluate web-based health resources
- Know the warning signs: Prescription and Over-the-Counter Drug Guide
- **Talk to your teens about the dangers of prescription drugs.**
- Set an example: use medications responsibly; seek help if you have a problem.

Read more: Parents

Visit Target America, an interactive exhibit demonstrating the consequences of drug abuse. Now showing at the Museum of Science and Industry in Tampa through September 3, 2012.