Lock Your Meds
A Prescription Medication Abuse Prevention Campaign
7.41% of North Carolinians used illicit drugs vs. 9.28% in the U.S. aged **18 years and older**

8.74% of North Carolinians used illicit drugs vs. 9.18% in the U.S. aged **12-17**

5.03% of North Carolinians used pain relievers non-medically vs. 4.46% in the U.S. aged **18 and older**

5.43% of North Carolinians used pain relievers non-medically vs. 5.00% in the U.S. aged **12-17**

*National Survey on Drug Use and Health (NSDUH) 2012-2013*
NC Overdose Deaths by County
2010-2013

Rate of medication or drug overdose deaths
(rate per 100,000 residents)
- 6.0 - 10.2
- 10.3 - 14.8
- 14.9 - 21.9
- 22.0 - 39.9
- <10 deaths; rate suppressed

Significantly higher than state rate of 12.3 deaths per 100,000 residents

Analysis: Injury Epidemiology and Surveillance Unit
Medication or drug overdose: X40-X44, X60-X64, Y10-Y14, X85
North Carolina Overdose Deaths
1999-2014*

Analysis by Injury Epidemiology and Surveillance Unit
Medication or drug overdose: X40-X44, X60-X64, Y10-Y14, X85
• Awarded to NC to reduce the Non-Medical Use of Prescription Drugs (NMUDP) among 12-25 year olds.

• Project Goals:
  • Increase community capacity to prevent NMUDP
  • Leverage funds to support prevention and remediation of impact
  • Prevent and reduce NMUDP
  • Reduce the consequences of NUMPD
Strategic Prevention Framework
Process for Preventing NMUPD

- Assessment
- Evaluation
- Sustainability and Cultural Competence
- Capacity
- Implementation
- Planning
Four Evidence-Based Strategies for Preventing NMUPD

- Disposal
- Enforcement
- Monitoring
- Education
Disposal Strategies
Addressing Social Access

- Medication Drop Boxes
  - Permanent
  - Mobile
- Take-back events
- Lock-boxes
- Disposal Kits
Enforcement Strategies
Addressing Retail Access

• Law enforcement actions to:
  • Stop “doctor shoppers”
  • Shut down “pill mills”

• Local law enforcement training in:
  • Pharmaceutical crime investigation and prosecution
  • Use of the Controlled Substance Reporting System (CSRS)
Monitoring Strategies
Addressing Retail Access

- Expand Controlled Substance Reporting System Utilization:
  - Encourage local CSRS registration & utilization
  - Unsolicited reports
  - Medicaid lock-in program
Education Strategies
Address social access and perceptions of harm

- Youth education/awareness.
- Integrating Rx education into existing prevention curricula.
- Parent education/awareness.
- Training providers on responsible prescriber practices.
- Community-wide/targeted social media campaigns.
He gets his music online.
His t-shirts at the mall.
And his drugs from his friend’s medicine cabinet.

BE AWARE. DON’T SHARE.®
LOCK YOUR MEDS.®
www.lockyourmeds.org/nc

Target locations based upon community assessment
Example Distribution Locations:

- Doctor’s offices
- Senior Centers
- Libraries
Lock Your Meds
Community Rack Card

Example Distribution
Locations:
- Prescription inserts
- Community clinics
- Libraries

WHY DOES IT MATTER?

1000+
North Carolinians die every year due to prescription medication overdose, and for every one overdose death, there are 17 emergency department visits.

HOW COMMON IS IT?

1 out of 6
North Carolina teens report taking a prescription medication without a prescription.

WHERE DO THEY GET THEM?

67%
Of people who abuse prescription medications get them from family and friends. They think these medications are safe. But in the wrong hands, they’re not.

WHAT CAN YOU DO?

- Count and properly secure your meds.
- Safely dispose of expired or unused medications at a local dropbox or take-back event.
- Talk to your friends and family about the dangers of prescription medication misuse.

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Lock Your Meds
Parent Rack Card

HOW COMMON IS IT?

1-in-6
North Carolina teens reporting having taken a prescription medication without a prescription.

WHERE DO THEY GET THEM?

67%
People who misuse prescription medications get them from family and friends. Parents can become accidental dealers by leaving their prescription medications where their children can get them.

WHAT CAN PARENTS DO?

LOCK YOUR MEDS. Only 5% of children who misuse prescription medications say they get them from a stranger, a drug dealer or the internet. Prevent your child from abusing your meds by securing them so they cannot be accessed.

EDUCATE YOURSELF & YOUR CHILD. Learn about the most commonly abused types of prescription medications. Then, communicate the dangers to your child regularly: once is not enough.

SET CLEAR RULES & MONITOR BEHAVIOR. Express your disapproval of using prescription medications without a prescription. Monitor your child’s behavior to ensure that the rules are being followed.

PASS IT ON. Share your knowledge and support with the parents of your child’s friends.

WHAT TO DO IF YOUR CHILD ALREADY HAS A PROBLEM.
If you suspect your child is using drugs, call the Alcohol/Drug Council of North Carolina at 1-800-688-4232.

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Example Distribution Locations:
• Schools
• Pediatricians
• Parks & Recreation

She gets her hair from her mom.
Her eyes from her dad.
And her drugs from her parents’ medicine cabinet.
She gets her hair from her mom.
Her eyes from her dad.
And her drugs from her grandma’s purse.

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1,000 North Carolinians die every year due to prescription medication overdose. For every one overdose death, there are 17 emergency
Questions?
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