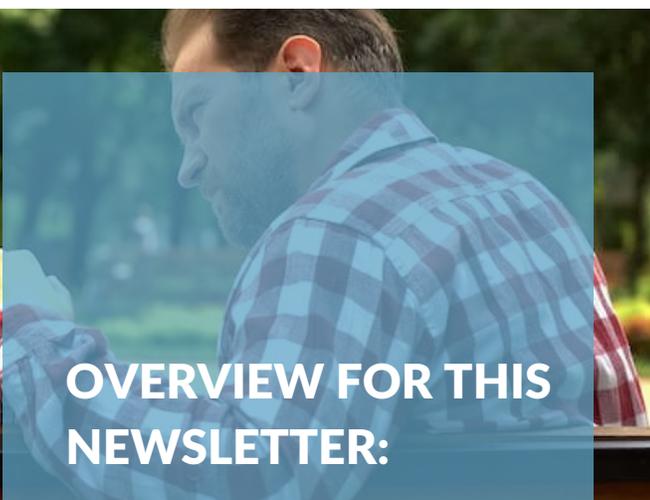


# PARENT TOOL KIT NEWSLETTER

BROUGHT TO YOU BY:



## OVERVIEW FOR THIS NEWSLETTER:

### Parents and Caregivers

Proper disposal of prescription drugs is the most immediate way to directly avoid prescription drugs falling into the wrong hands. Simple to access and anonymous to use, with Medication Drop Boxes you can prevent prescription abuse and protect the environment through proper disposal of your unused meds.

- Why we need to appropriately dispose of unused, unwanted, expired medication
- Disposal locations for medications and sharps needles
- Drug Guide for Parents

This newsletter is the third of a three part series to provide parents with background information on Substance use and abuse, Addiction, Conversation starters around drug use, Youth Well Being, and how to properly dispose of unused, unwanted and expired medications, as well as sharps needles.



## A Dose of Reality

<https://doseofrealitywi.gov/parents/>

In recent years, the rate of prescription painkiller overdoses has increased 260% among Wisconsin's young people ages 12-25, and 15% of high school students in Wisconsin reported using prescription drugs without a prescription for nonmedical purposes.

However, it's not just older children who are at risk. According to a recent study, children between the ages of 1 and 5 were the second most-likely to be admitted for an opioid overdose. It's crucial for parents to lock up their medication and safely dispose of unused/unwanted prescription pills, as opioid overdose among children has nearly doubled since 2004.

### Adverse Childhood Experiences:

When trauma is experienced as a child, the toxic stress created by these experiences can change brain chemistry, shape educational outcomes, and influence a person's future health and well-being.



# DOSE OF REALITY

PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN.

These traumas are called Adverse Childhood Experience (ACEs) and are linked to poorer health and risky behaviors such as substance abuse.

In Wisconsin, almost 21.2% of children have experienced at least one ACE, and 57% of Wisconsin adults reported growing up experiencing one or more ACEs. Moreover, individuals who reported 5 or more ACEs were 3 times more likely to misuse prescription pain medication and 5 times more likely to engage in injection drug use.

If your child has experienced ACEs, he/she may be at risk for opioid abuse. Types of ACEs may include:

- Physical, emotional, or sexual abuse
- Physical or emotional 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
- It is important to understand and recognize these risk factors in children.

### What can Parents Do:

- Learn how to have a conversation with your child about drugs.
- Let your child know that you and other loved ones will stand by them and offer support if they need it.
- Do not supply your child with a steady supply of money if you aren't certain about where and how it will be spent.
- Educate yourself about addiction, treatment, and recovery.
- Educate yourself about Adverse Childhood Experiences.

## MORE THAN 70% OF PEOPLE

who abuse prescription painkillers get them through friends or relatives.

# Some medication can be addictive

Are you ready to dispose of your unused, unwanted, expired medication - see locations below.



## Northern La Crosse County locations



Other options for medication disposal:

- Drug Take Back Days: [doseofrealitywi.gov](http://doseofrealitywi.gov) for schedule
- Drug Pick Up Program, Aging & Disability Resource Center, 608-785-5700

### Sharps Disposal Boxes

- 1 Mayo Clinic Health System, 1303 S. Main St. S.
- 2 Gunderson Pharmacy/Degen Berglund, 123 Hale Dr.
- 3 Hwy 35 North Wayside (across from Kwik Trip)
- 4 Gunderson Pharmacy/Degen Berglund, 111 Sand Lake R.
- 5 Mayo Clinic Health System, 191 Theater Rd.
- 6 Oak Forest Dr. Bike Trail (edge of parking lot)
- 7 La Crosse County Hazardous Materials, 3202 Berlin Dr.
- 8 180 E. Jefferson St. (by bike trail)
- 9 1600 block of La Crescent St., Town of Campbell
- 10 Near boat ramp off Rose St.

### Medication Dropboxes

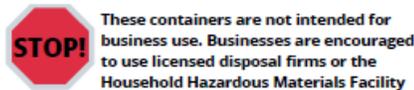
- 1 Holmen Police Dept. Lobby: M-F 8-4:30
- 2 Gunderson Pharmacy Holmen (Degen Berglund)
- 3 Onalaska Police Dept. Lobby: M-F 8-4:30
- 4 Gunderson Pharmacy Onalaska (Degen Berglund)
- 5 West Salem Police Dept. Lobby: M-F 8-12, 1-4:45
- 6 Bangor Police Dept. Lobby: M-F 7-4
- 7 Gunderson Health System Onalaska Clinic Pharmacy
- 8 Campbell Police Dept. Lobby: M-F 8-4:30

Find an interactive map here:



### Sharps Disposal Boxes

- 1 Health and Human Services bldg, 300 4th St. N (parking lot)
- 2 Jay St. Alley between 4th St. and 5th Ave.
- 3 Cass St Pharmacy-Gunderson, 528 Cass St.
- 4 Mayo Clinic Health System, 800 West Ave. S.
- 5 Well House 22H at Losey Blvd & Mormon Coulee Rd.



### Medication Dropboxes

- 1 City of La Crosse Police Dept. Lobby: M-F 8:30-5
- 2 Student Health Center: M-F 9-12, 1-4
- 3 County Sheriff's Dept. Room 1500: M-F 8-4:30
- 4 Cass St Pharmacy Gunderson Health System
- 5 Mayo Clinic Health System Pharmacy: M-F 8-5:30, Sat 9-12
- 6 Walgreens, 900 West Ave: 24 hrs/day
- 7 Gunderson Health System Main Clinic Pharmacy
- 8 Gunderson Health System East Building Pharmacy
- 9 Gunderson Pharmacy La Crosse (Degen Berglund)

### Other options for medication disposal:

- Drug Take Back Days: [doseofrealitywi.gov](http://doseofrealitywi.gov) for schedule
- Drug Pick Up Program, Aging & Disability Resource Center, 608-785-5700

## Southern La Crosse County disposal locations

Find an interactive map here:



# Sharps disposal locations in La Crosse County

La Crosse County residents now have safer options to dispose of needles and syringes. A collaborative effort has allowed for the purchase of 15 sharps boxes to be installed.

**Remember these three words: collect, protect, and respect.**

**Collect:** The drop boxes are a safe collection option for all needles and syringes. Seven sharps drop boxes are available for the public to use. These are located:

1. La Crosse Northside: Near the boat ramp off Rose Street
2. La Crosse Downtown: Jay Street Alley between 4th Street and 5th Avenue
3. La Crosse Downtown: At the Health and Human Services Building, 300 4th Street N (In the parking lot)
4. La Crosse: Monitor Street (Between Rose Street and Lang Drive)
5. La Crosse: South corner of Mormon Coulee and Losey Blvd
6. La Crosse: Cass St Pharmacy-Gundersen, 528 Cass St.
7. La Crosse: Mayo Clinic Health System, 1303 S. Main St. S.
8. La Crosse: Mayo Clinic Health System, 800 West Ave. S.
9. La Crosse: Mayo Clinic Health System, 191 Theater Rd.
10. Town of Campbell: 1600 Block of La Crescent Street
11. Onalaska: Oak Forest Drive Bike Trail
12. Onalaska: Hwy 35, by North Wayside
13. Onalaska: Gundersen Pharmacy/Degen Berglund, 111 Sand Lake Rd.
14. West Salem: 180 E. Jefferson Street (By the bike trail)
15. Holmen: Gundersen Pharmacy/Degen Berglund, 123 Hale Dr.

These  
locations  
aren't for  
Business  
use



**Protect:** Help us keep our community safe. If you find a needle in the community, we prefer that you call your local law enforcement using the non-emergency number. [In the City of La Crosse, this is 785-5962]

**Respect:** All needles should be disposed of in a safe and proper way. The best options are: in a sharps container (that is less than 2/3 full), at a drop box, or through a syringe exchange program. It is not safe to put needles loosely in the trash, on the ground, in recycling, down the toilet, or within reach of children.

**Are you concerned for the safety of yourself or a family member?**

**Call 2-1-1 or visit [greatrivers211.org](http://greatrivers211.org) for free, confidential help**



**Opioids can be addictive. Looking for an alternative to opioids?**

**Find our Guide to Alternative Treatments at the website below.**



# Drug Guide for Parents: Learn the facts to keep your teen safe

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



									
<b>Street Names / Commercial</b>	Cocaine/Crack Big C, Blow, Bump, Coke, Nose Candy, Rock, Snow	Cough Medicine/DXM Dex, Red Devils, Robo, Triple C, Tussin, Skittles, Syrup	Ecstasy/MDMA Adam, Bean, E., Roll, X, XTC	Heroin Big H., Black Tar, Dope, Junk, Skunk, Smack	Marijuana Blunt, Boom, Dope, Grass, Hash, Herb, Mary Jane, Pot, Reefer, Skunk, Weed	Methamphetamine Ice, Chalk, Crank, Crystal, Fire, Glass, Meth Speed	RX Medication Codeine, OxyContin (Oxy, O.C.) Vicodin (Vike, Vitamin V.)	Steroids Juice, Rhoids, Stackers, Pumpers, Gym Candy	Inhalants Whippets, Bagging, Huffing, Poppers, Snappers, Dusting
<b>Looks Like</b>	White crystalline powder, chips, chunks of white rocks	Liquid, pills, powder, gel caps	Branded tablets (Playboy bunnies, Nike swoosh, etc.)	White to dark brown powder or tar-like substance	A green or gray mixture of dried shredded flowers and leaves of the hemp plant	White or slightly yellow crystal-like powder, large rock-like chunks	Tablets and capsules	Tablet, liquid or skin application	Paint thinners, glues, nail polish remover, whipped cream aerosol
<b>How it's Used/ Abused</b>	Can be snorted or injected, crack can be smoked	Swallowed	Swallowed	Injected, smoked, freebased or snorted	Smoked, brewed into tea or mixed with food	Swallowed, injected snorted or smoked	Swallowed or injected	Swallowed, applied to skin or injected	Inhaled through nose or mouth
<b>What Teens Have Heard</b>	Keeps you amped up, you'll be the life of the party	Causes a trippy high with various plagues	Enhances the senses, and you'll love everyone	Fill-on euphoria, but super risky	Relaxing, not dangerous and often easier to get than alcohol	Can keep you going for days	A free high, straight from the medicine cabinet	Will guarantee a spot on the starting lineup	A cheap, 20-minute high
<b>Dangerous Because</b>	Can cause heart attacks, strokes and seizures. In rare cases, sudden death on the first try.	Can cause abdominal pain, extreme nausea, liver damage	Can cause severe dehydration, liver and heart failure and even death	Chronic Heroin users risk death by overdose	Can cause memory and learning problems, hallucinations, delusions and depersonalization	Chronic long-term use or high dosages, can cause psychotic behavior	A large single dose can cause severe respiratory depression that can lead to death	Boys can develop breasts, girls can develop facial hair and a deepened voice. Can cause heart attacks and strokes	Chronic exposure can produce significant damage to the heart, lungs, liver and kidneys
<b>Signs of Abuse</b>	Nervous behavior, restlessness, bloody nose, high energy	Slurred speech, loss of coordination, disorientation vomiting	Teeth clenching, chills, sweating, dehydration, anxiety, unusual displays of affection	Track marks on arms, slowed and slurred speech, vomiting	Slowed thinking and reaction time, impaired coordination, paranoia	Nervous physical activity, scabs and open sores, decreased appetite, inability to sleep	Medicine bottles present without illness, Rx bottles missing, disrupted eating and sleeping	Rapid growth of muscles, opposite sex characteristics and extreme irritability	Missing household products, a drunk, dazed or dizzy appearance
<b>Important to Know</b>	Cocaine is one of the most powerful addictive drugs	The "high" from cough medicine is caused by ingesting a large amount of DXM, a common active ingredient	Can be addictive. A popular club drug because of its stimulant properties	Heroin overdose is a particular risk on the street, where the purity of the drug cannot be accurately known	Contrary to popular belief marijuana can be addictive	Meth has a high potential for abuse and addiction.	Abusing RX painkillers is just as dangerous, addictive and deadly as using heroin	Teens who abuse steroids before the typical adolescent growth spurt risk staying short and never reaching their full adult height	More than 1000 common products are potential inhalants that can kill on the first use or any time thereafter



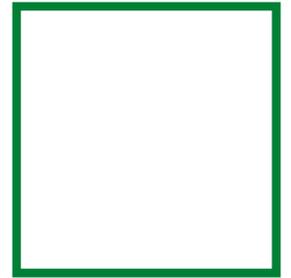
<https://www.health.harvard.edu>

BROUGHT TO YOU BY COULEE RECOVERY CENTER, LA CROSSE COUNTY PREVENTION NETWORK AND ALLIANCE 2 HEAL WORK GROUP #4 - YOUTH AND COMMUNITY PREVENTION EDUCATION

# PARENT TOOLKIT NEWSLETTER - VOL 3

**COULEE RECOVERY CENTER**  
**(COULEE COUNCIL ON ADDICTION)**

933 Ferry Street  
La Crosse, WI 54601



***TO:***