

Prescription drug abuse is a serious and growing problem. Although most people take their medicine for reasons their doctor prescribed them, an estimated 20 percent of people in the United States have used prescription drugs for non-medical reasons.



Over twenty years ago, a group of caring citizens came together to form the Lewis County Council on Alcohol and Substance Abuse. That group has evolved into Mountain View Prevention Services Inc., a non-profit, private agency dedicated to providing prevention education to the community about alcohol and substance abuse.

Our vision is one where all Lewis County residents practice a healthy lifestyle. We strive to link our clients with appropriate services. Our continual networking in the community provides our clients access to all local health care agencies.

Understanding prevention is key. We consistently aspire to offer services to the public combining a variety of strategies which include awareness of the dangers of substance abuse and making alternative, positive choices.



Prescription Drug Abuse

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Prevention:

1. **Monitor**—Take note of how many pills are in each bottle; Keep track of refills; Control dosage and refills of medication that your teen has been prescribed.
2. **Secure**— Take all medication out of the medicine cabinet and hide them in a place only you know about.
3. **Dispose**— Discard expired/unused prescription drugs.
**Remove any personal, identifiable information on bottles before throwing them away to prevent unauthorized refills and to protect your family's privacy.*



At Risk Teens — Signs to Look For

- A family history of substance or alcohol abuse
- Depression
- Low self-esteem
- Those who feel like they don't fit in and are not popular with the "mainstream"
- Frequently sluggish and have difficulty sleeping
- Aggressive and rebellious attitude/behavior toward authority
- Low parental supervision or communication
- Inconsistent or severe parental discipline
- Difficulty managing impulses
- Emotional instability
- History of physical or sexual victimization
- Thrill-seeking behaviors
- Learning or emotional problems
- Perceiving the risk of using drugs to be low

Symptoms of Drug Abuse:

- Continually "losing" prescriptions, so more must be written
- Seeking prescriptions from more than one doctor
- Taking higher doses despite warnings
- Stealing, forging, or selling prescriptions
- Excessive mood swings
- Suicidal tendencies
- Excessive sweating, urination, or thirst
- Shaking
- Isolation from old friends and family
- Decrease in attention and performance at school
- Loss of appetite/unexplained weight loss
- Less attention paid to dressing or grooming

For more information, go to:

www.drugfree.org

www.teendrugabuse.us