



KRAUS

PREVENTION RESOURCES FOR BUILDING

HEALTHY COMMUNITIES

CONTENTS

Prevention is a critical part of the public health system, but it only works when communities have access to the facts and support they need to implement programs that address their unique needs.

The Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Prevention (CSAP) is proud to share a comprehensive collection of relevant, practical, and evidence-based approaches for preventing substance misuse. Together, we can help people lead healthier lives and build healthier communities.

To stay up to date on SAMHSA publications and resources, visit public.govdelivery.com/accounts/USSAMHSA/subscriber/new.

03 Reports and Publications

17 Community Toolkits

07 Community Outreach Materials

21 Mobile and Virtual Tools and Applications

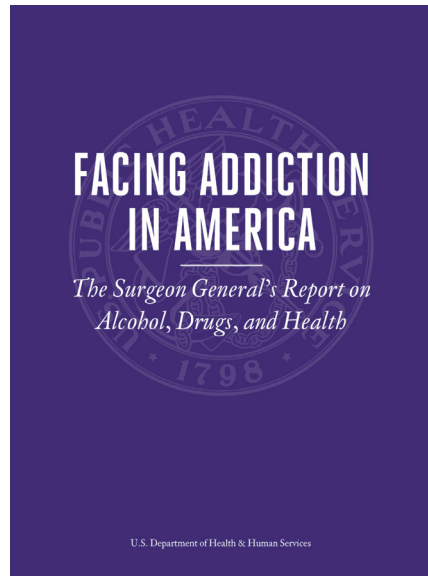


REPORTS AND

PUBLICATIONS

The reports and publications featured provide data that support SAMHSA programs working to prevent substance misuse and illustrate the impact these programs have on building healthier communities.

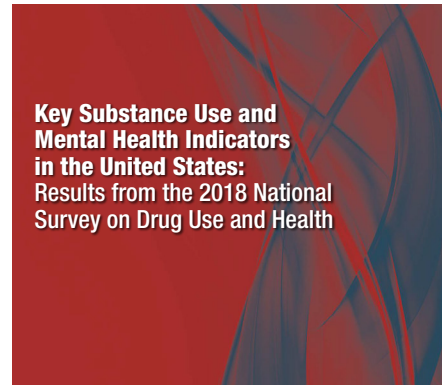
REPORTS AND PUBLICATIONS



FACING ADDICTION IN AMERICA: THE SURGEON GENERAL'S REPORT ON ALCOHOL, DRUGS, AND HEALTH

The first-ever Surgeon General's Report on Alcohol, Drugs, and Health discusses a public health approach to addressing the addiction crisis in America. It aims to shift the way our society thinks about substance misuse and substance use disorders while defining actions we can take to prevent and treat these conditions.

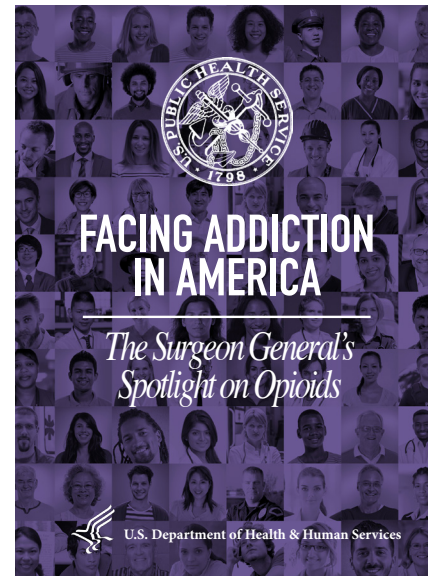
addiction.surgeongeneral.gov



KEY SUBSTANCE USE AND MENTAL HEALTH INDICATORS IN THE UNITED STATES: RESULTS FROM THE 2018 NATIONAL SURVEY ON DRUG USE AND HEALTH

This publication summarizes key findings from the 2018 National Survey on Drug Use and Health (NSDUH) for indicators of substance use and mental health among people ages 12 years old or older in the civilian, noninstitutionalized population of the United States. Results are provided for the overall category of individuals ages 12 or older, as well as by age subgroups.

store.samhsa.gov/product/Key-Substance-Use-and-Mental-Health-Indicators-in-the-United-States-Results-from-the-2018-National-Survey-on-Drug-Use-and-Health/PEP19-5068



FACING ADDICTION IN AMERICA: THE SURGEON GENERAL'S SPOTLIGHT ON OPIOIDS

Taken from the Surgeon General's Report on Alcohol, Drugs, and Health, the Spotlight on Opioids shares opioid-related information for family and friends of individuals with a higher risk of opioid overdose, opioid misuse, and/or opioid use disorder.

addiction.surgeongeneral.gov



REPORT TO CONGRESS ON THE PREVENTION AND REDUCTION OF UNDERAGE DRINKING

The 2018 Report to Congress includes national data on underage drinking patterns, the federally coordinated approach on underage drinking prevention, and information on the national media campaign, "Talk. They Hear You."

stopalcoholabuse.gov/resources/reporttocongress/RTC2018.aspx



STATE REPORTS ON UNDERAGE DRINKING PREVENTION AND ENFORCEMENT

All 51 State Reports (including for Washington, DC) present individual state data on underage drinking, enforcement and prevention, and legal policies.

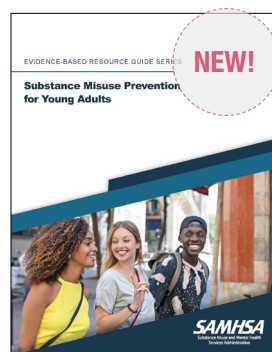
stopalcoholabuse.gov/townhallmeetings/stateprofiles/fullmap.aspx



STATE PERFORMANCE AND BEST PRACTICES FOR THE PREVENTION AND REDUCTION OF UNDERAGE DRINKING

This report provides information on 26 evidence-based legal policies, state prevention and enforcement activities and expenditures, and states' performance on six underage drinking prevention and treatment measures.

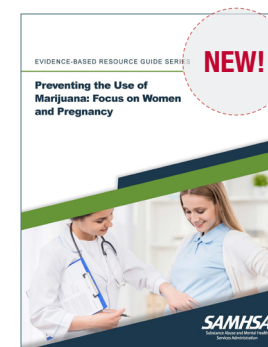
stopalcoholabuse.gov/media/ReportToCongress/2018/report_main/State_Performance_Best_Practices.pdf



SUBSTANCE MISUSE PREVENTION FOR YOUNG ADULTS

This guide supports health care providers, systems, and communities seeking to prevent substance misuse among young adults. It describes relevant research findings, examines emerging and best practices, identifies knowledge gaps and implementation challenges, and offers useful resources.

store.samhsa.gov/system/files/pep19-pl-guide-1.pdf

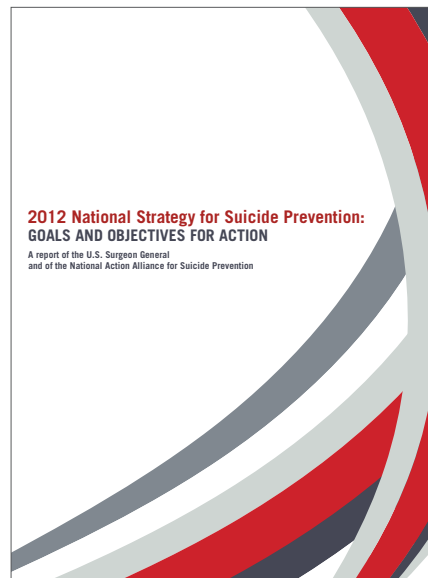


PREVENTING THE USE OF MARIJUANA: FOCUS ON WOMEN AND PREGNANCY

This guide supports health care providers, systems, and communities seeking to prevent marijuana use by pregnant women. It describes relevant research findings, examines emerging and best practices, identifies knowledge gaps and implementation challenges, and offers useful resources.

store.samhsa.gov/system/files/pep19-pl-guide-2.pdf

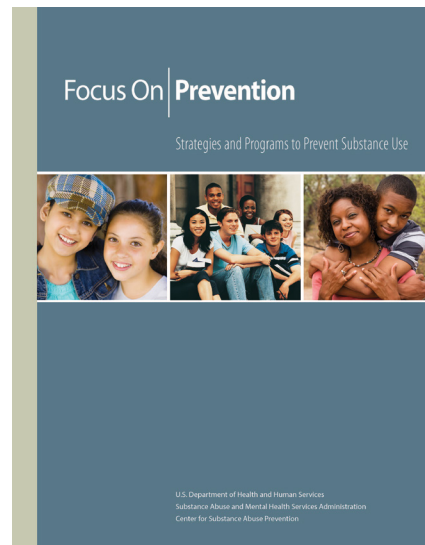
REPORTS AND PUBLICATIONS



2012 NATIONAL STRATEGY FOR SUICIDE PREVENTION: GOALS AND OBJECTIVES FOR ACTION

The Office of the U.S. Surgeon General and the National Action Alliance for Suicide Prevention joined together to create the 2012 National Strategy for Suicide Prevention—a call to action to guide suicide prevention efforts across the country, featuring strategic directions with goals and objectives to work together in preventing suicide.

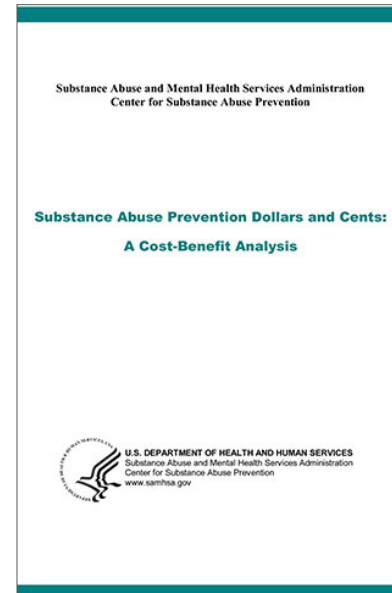
store.samhsa.gov/system/files/full_report-rev.pdf



FOCUS ON PREVENTION: STRATEGIES AND PROGRAMS TO PREVENT SUBSTANCE USE

This guide leads communities in planning and delivering substance misuse prevention strategies. It covers needs assessments, partnerships, and marketing and program evaluation strategies and includes a sample timeline of tasks.

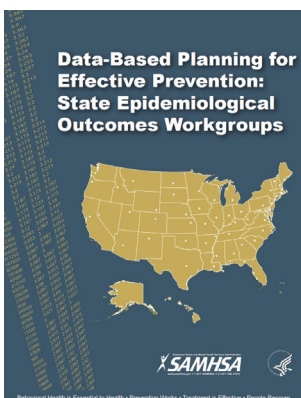
store.samhsa.gov/product/Focus-on-Prevention/SMA10-4120



SUBSTANCE ABUSE PREVENTION DOLLARS AND CENTS: A COST-BENEFIT ANALYSIS

This report reviews the total annual social and direct costs of substance misuse from a number of perspectives, including people who misuse substances, family members, communities, and all levels of government (federal, state, and local).

store.samhsa.gov/product/Substance-Abuse-Prevention-Dollars-and-Cents/sma07-4298



DATA-BASED PLANNING FOR EFFECTIVE PREVENTION: STATE EPIDEMIOLOGICAL OUTCOMES WORKGROUPS

This publication describes the evolution, structure, and accomplishments of State Epidemiological Outcomes Workgroups (SEOWs) in their collaborative efforts with SAMHSA to address problems related to substance misuse and mental, emotional, and behavioral disorders within states and communities.

store.samhsa.gov/product/data-based-planning-effective-prevention/sma12-4724



COMMUNITY OUTREACH

MATERIALS

The materials featured represent the array of resources available to community members interested in learning more about preventing substance misuse.

COMMUNITY OUTREACH MATERIALS



PREVENTION WORKS NEWSLETTER

The Prevention Works email newsletter connects prevention organizations and individuals with resources, news, and ideas to make substance use prevention happen every day. The newsletter also shares information about National Prevention Week (NPW) events taking place throughout the year and spotlights NPW's national collaborating organizations. During NPW, subscribers can look forward to receiving the newsletter each day with content and resources specific to the daily health theme.

NPW CHALLENGE SIGN

Participate in this year's Prevention Challenge by printing out your own #PreventionHappensHere signs. Share a photo or video of you with your sign in the place where prevention happens in your life, then post your selfie on social media (Facebook, Twitter, Instagram, and Snapchat) using #PreventionHappensHere. You can include a geotag on your post and tag others to encourage them to post their own #PreventionHappensHere selfies.

samhsa.gov/prevention-week/prevention-challenge



DATA VISUALIZATIONS

These data visualizations share some of the latest data from the annual National Survey on Drug Use and Health. The visualizations address opioids, binge drinking, youth marijuana use, e-cigarettes, and suicide prevention.

samhsa.gov/prevention-week/materials/web



COMMUNITY OUTREACH MATERIALS



UNDERAGE DRINKING MYTHS VERSUS FACTS

You probably see and hear a lot about alcohol—from TV, movies, music, social media, and your friends. But what are the real facts? Here are some common myths and facts about alcohol use.

- MYTH:** All of the other kids drink alcohol. You need to drink to fit in.
- FACT:** Don't believe the hype! Most young people don't drink alcohol! Research shows that almost 60 percent of 12- to 20-year-olds haven't had a drink in the past month.
- MYTH:** Drinking alcohol will make people like you.
- FACT:** There's nothing healthy about drinking alcohol, passing out, or puking on yourself. Drinking alcohol can also make your thoughts, smell bad and cause you to gain weight.
- MYTH:** Drinking is a good way to loosen up at parties.
- FACT:** Drinking is a dumb way to loosen up. It can make you feel foolish, you might get someone's car, and do things you wouldn't normally do. In fact, drinking can increase the likelihood of fights and sexual assaults.
- MYTH:** Alcohol isn't as harmful as other drugs.
- FACT:** Not for them! Drinking too much alcohol, starting at age 21, and drinking can affect how it develops. It also increases your risk for many diseases, such as cancer. It can also cause you to have accidents and get injured, sending you to the emergency room.
- MYTH:** Their sex lives are safer than ours.
- FACT:** Alcohol is alcohol! A 12-ounce beer, a 5-ounce glass of wine, and a shot of liquor (1.5 ounces) all have the same amount of alcohol.
- MYTH:** There's no reason to wait until you're 21 to drink.
- FACT:** There's nothing healthy about drinking alcohol, passing out, or puking on yourself. Drinking alcohol can also make your thoughts, smell bad and cause you to gain weight.
- MYTH:** When you're young, drinking alcohol can make learning new things more difficult. Also, people who begin drinking before they turn 15 are more likely to develop a drinking problem in later years.
- FACT:** There's no reason to wait until you're 21 to drink. When you're young, drinking alcohol can make learning new things more difficult. Also, people who begin drinking before they turn 15 are more likely to develop a drinking problem in later years.
- MYTH:** You can drink alcohol and you won't get into trouble.
- FACT:** All states and Washington, D.C., have 21-year-old minimum drinking age laws. If you get caught drinking, you might have to pay a fine, do community service, take alcohol awareness classes, or even spend time in jail.

UNDERAGE DRINKING: MYTHS VS. FACTS

This brochure outlines common myths teens and pre-teens may hold about alcohol use. It corrects misconceptions related to facts about the prevalence of alcohol use among youth and the effects of alcohol on the body and brain of a teen or pre-teen.

English: store.samhsa.gov/system/files/sma18-4299.pdf

Spanish: www.stopalcoholabuse.gov/media/THMs/tipsresources/Facts_MythsVSFacts_Spanish_2019.pdf

UNDERAGE DRINKING AND COLLEGE STUDENT DRINKING

Alcohol continues to be the most misused substance by those under 21, but underage drinking and its consequences can be prevented. These fact sheets provide an overview and insight into the risks of underage and college student drinking, as well as the progress being made through prevention tactics.

English: stopalcoholabuse.gov/media/THMs/tipsresources/5486_UADPEI_Underage_Drinking_Fact_Sheets_FINAL_4-2016.pdf

Spanish: https://www.stopalcoholabuse.gov/media/THMs/tipsresources/Facts_UnderageDrinking_Spanish_2019.pdf

English: stopalcoholabuse.gov/media/THMs/tipsresources/5486_UADPEI_College_Drinking_Fact_Sheet_FINAL_4-2016.pdf

Spanish: https://www.stopalcoholabuse.gov/media/THMs/tipsresources/Facts_CollegeDrinking_Spanish_2019.pdf



FACTS on College Student Drinking

FAST FACTS ■

- Of the 15 million students enrolled in college in 2016, 9 million were under age 21, the U.S. minimum legal drinking age.¹
- Alcohol use increases as college students near the legal drinking age. In 2017, 37 percent of 18-year-old college students and half of all 20-year-olds reported using alcohol each month.²
- High blood alcohol concentrations and impairment levels associated with binge drinking place those who binge drink and those around them at substantially elevated risk for negative consequences, such as motor vehicle crashes, injuries, unsafe sexual practices, and sexual victimization.³
- Alcohol contributes to an estimated 1,576 deaths per year among college students.⁴

COLLEGE DRINKING OVERVIEW ■

Full-time college students tend to drink more than others in their age group. In 2017, 54 percent of full-time college students reported any alcohol use, 35 percent reported engaging in binge drinking, and 10 percent reported heavy drinking during the past 30 days. Among individuals ages 18 to 22 not enrolled full-time in college, the percentages were 42 percent, 33 percent, and 9 percent, respectively.⁵

Many students come to college with established drinking habits. Among 12th graders in 2007, 56 percent reported alcohol use and 37 percent reported having been drunk at least once during the year.⁶

Risk of alcohol abuse appears greater among some college groups. For example, fraternity or sorority membership, particularly for young men who reside in fraternities, has been associated with a greater than average increase in binge drinking and marijuana use during college.⁷ Individual rates of binge drinking and marijuana use for fraternities and sororities may differ across college campuses. Among student athletes, 42 percent reported binge drinking within the last 12 months in 2017. More than one-quarter of student athletes reported having a hangover, experiencing memory loss, and/or doing something they regretted after drinking.⁸

BINGE AND HEAVY DRINKING BY GENDER ■

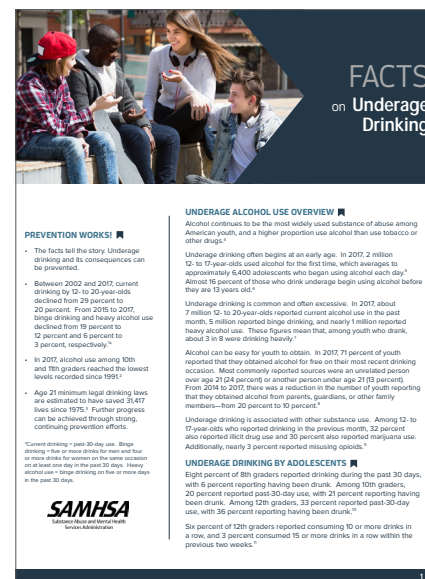
In 2017, 36 percent of full-time male college students and 34 percent of female college students ages 18 to 22 reported binge drinking during the past 30 days. Eleven percent of male students and 9 percent of female students reported heavy drinking.⁹

Based on 2017 data, about 16 percent of male college students ages 19 to 22 reported having 12 or more drinks in a row at least once, compared to 7 percent of females. Sixteen percent of males reported having 15 or more drinks in a row in the past two weeks, compared to 7 percent of females.¹⁰

ALCOHOL USE CONSEQUENCES ■

About one-quarter of college students report having negative academic consequences because of their drinking, including missing class, falling behind in their studies, doing poorly on exams or papers, and receiving lower grades overall.¹¹

SAMHSA
Substance Abuse and Mental Health Services Administration



FACTS on Underage Drinking

UNDERAGE ALCOHOL USE OVERVIEW ■

Alcohol continues to be the most widely used substance of abuse among American youth, and a higher proportion use alcohol than use tobacco or other drugs.¹

Underage drinking often begins at an early age. In 2007, 2 million 12- to 17-year-olds used alcohol for the first time, which averages to approximately 6,400 adolescents who began using alcohol each day.² About 58 percent of those who drink underage begin using alcohol before they are 15 years old.³

Underage drinking is common and often excessive. In 2017 about 7 million 12- to 20-year-olds reported current alcohol use in the past month. 9 million reported binge drinking, and nearly 1 million reported heavy alcohol use. These figures mean that, among youth who drink, about 3 in 8 were drinking heavily.⁴

Alcohol can be easy for youth to obtain. In 2017, 71 percent of youth reported that they obtained alcohol for free on their most recent drinking occasion. Most commonly reported sources were an unsolicited parent over age 21 (24 percent) or another person under age 21 (15 percent). From 2014 to 2017, there was a reduction in the number of youth reporting that they obtained alcohol from parents, guardians, or other family members—from 20 percent to 16 percent.⁵

Underage drinking is associated with other substance use. Among 12- to 17-year-olds who reported drinking in the previous month, 33 percent also reported illicit drug use and 20 percent also reported marijuana use. Additionally, nearly 3 percent reported missing school.⁶

UNDERAGE DRINKING BY ADOLESCENTS ■

Eight percent of 8th graders reported drinking during the past 30 days, with 6 percent reporting having been drunk. Among 10th graders, 20 percent reported past-30-day use, with 21 percent reporting having been drunk. Among 12th graders, 33 percent reported past-30-day use, with 36 percent reporting having been drunk.⁷

Six percent of 12th graders reported consuming 10 or more drinks in a row, and 3 percent consumed 15 or more drinks in a row within the previous two weeks.⁸

PREVENTION WORKS! ■

- The facts tell the story. Underage drinking and its consequences can be prevented.
- Between 2002 and 2007, current drinking by 12- to 20-year-olds declined from 25 percent to 20 percent. From 2015 to 2017, binge drinking and heavy alcohol use declined from 19 percent to 12 percent and 6 percent to 3 percent, respectively.⁹
- In 2007, alcohol use among 10th and 11th graders reached the lowest levels recorded since 1991.¹⁰
- Age 21 minimum legal drinking laws are expected to have saved 24,457 lives since 1975.¹¹ Further progress can be achieved through strong, continuing prevention efforts.

¹Current drinking = past 30-day use. Binge drinking = five or more drinks for men and four or more drinks for women on the same occasion and last occasion in the past 30 days. Heavy alcohol use = binge drinking on five or more days in the past 30 days.

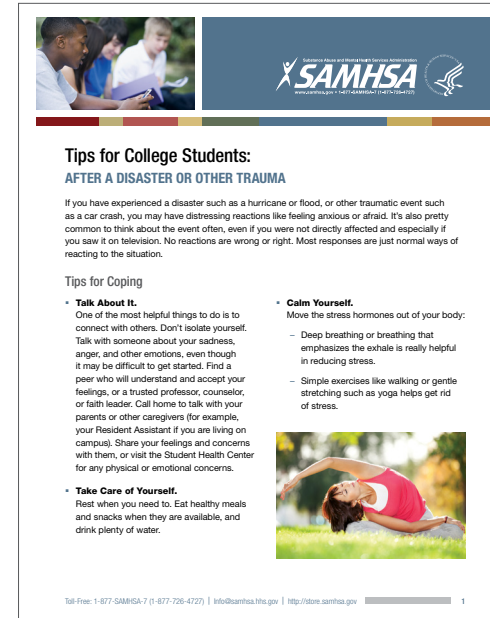
SAMHSA
Substance Abuse and Mental Health Services Administration

TIPS FOR COLLEGE STUDENTS: AFTER A DISASTER OR OTHER TRAUMA (ENGLISH AND SPANISH)

Designed to help college students cope with disasters and other traumatic events, this fact sheet describes normal reactions to trauma and emphasizes the importance of talking about feelings.

English: store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma/SMA13-4777.html

Spanish: store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma-Spanish-Version-/SMA13-4777SPANISH



Tips for College Students: AFTER A DISASTER OR OTHER TRAUMA

If you have experienced a disaster such as a hurricane or flood, or other traumatic event such as a car crash, you may have distressing reactions like feeling anxious or afraid. It's also pretty common to think about the event often, even if you were not directly affected and especially if you saw it on television. No reactions are wrong or right. Most responses are just normal ways of reacting to the situation.

Tips for Coping

- Talk About It.** One of the most helpful things to do is to connect with others. Don't isolate yourself. Talk with someone about your sadness, anger, and other emotions, even though it may be difficult to get started. Find a peer who will understand and accept your feelings, or a trusted professor, counselor, or faith leader. Call home to talk with your parents or other caregivers for example, your Resident Assistant if you are living on campus. Share your feelings and concerns with them, or visit the Student Health Center for any physical or emotional concerns.
- Take Care of Yourself.** Rest when you need to. Eat healthy meals and snacks when they are available, and drink plenty of water.
- Calm Yourself.** Move the stress hormones out of your body:
 - Deep breathing or breathing that emphasizes the exhale is really helpful in reducing stress.
 - Simple exercises like walking or gentle stretching such as yoga helps get rid of stress.

Toll-Free: 1-877-SAMHSA (7-877-726-4729) | info@samhsa.hhs.gov | http://store.samhsa.gov

KEEPING YOUTH DRUG FREE

This resource guide provides statistics about adolescent substance use and advice for parents about how to keep their children drug-free. It includes tips on good communication, drug facts, action steps for limit-setting, and consequences, as well as case studies.

store.samhsa.gov/product/Keeping-Youth-Drug-Free/SMA17-3772



Keeping Youth DRUG FREE

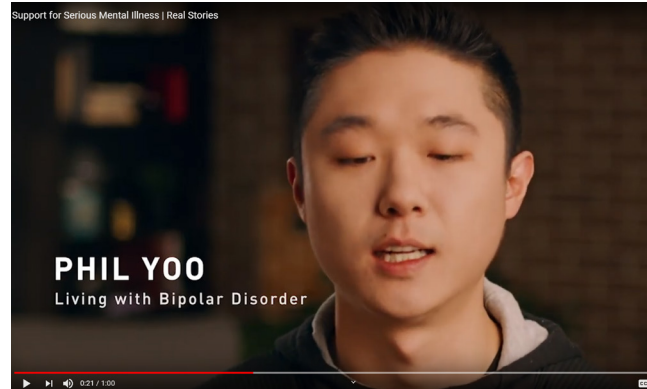
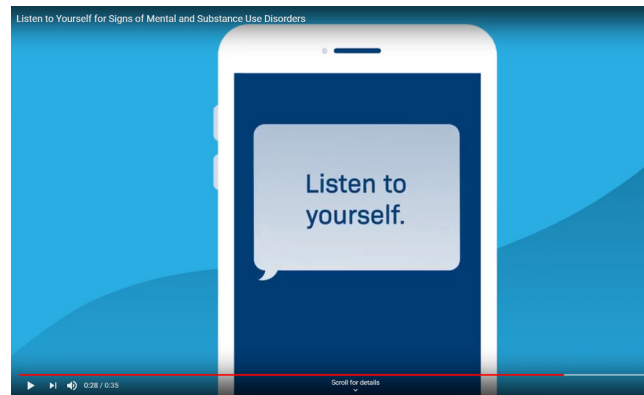
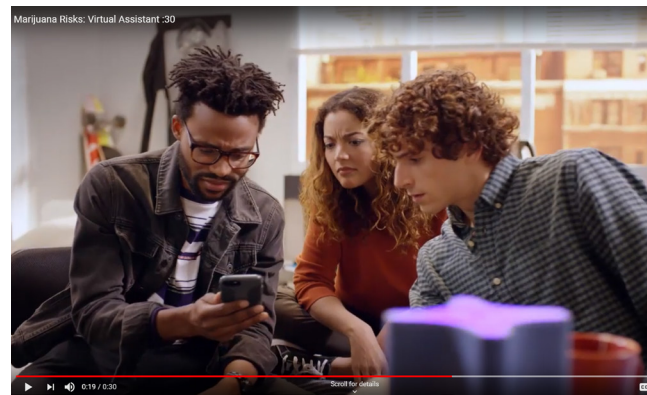
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Substance Abuse and Mental Health Services Administration

COMMUNITY OUTREACH MATERIALS

SAMHSA PUBLIC MESSAGES

SAMHSA developed these public message videos to offer information related to its mission to reduce the impact of substance abuse and mental illness across the country. The videos cover topics such as marijuana, methamphetamines, suicide prevention, and mental and substance use disorders in young adults.

samhsa.gov/public-messages



RX PAIN MEDICATIONS: KNOW THE OPTIONS. GET THE FACTS.

These fact sheets provide information and resources on prescription medication use and misuse for health care professionals who prescribe opioids to help these providers better understand the potential risks associated with opioid misuse, as well as signs of misuse, discussion of how to talk to patients, and other options for pain management. The fact sheets also can give patients an introduction to additional pain management options, risks associated with opioid misuse, and tips for safe storage and disposal, among other topics.

store.samhsa.gov/series/rx-pain-medications

Rx Pain Medications
KNOW THE OPTIONS • GET THE FACTS

Managing Your Pain: Which Approach Is Right for You?

Do not use this information to diagnose or treat any medical condition. Use this information to help you discuss your pain management options with your provider and together you can identify the most effective approach to your care. This list is not exhaustive.

Although prescription pain medications can be effective at treating certain types of pain, there are different treatment options and therapies available. Whether one approach is safer and more effective than another will depend on your unique situation.

To minimize the risk of negative effects and ensure the best possible treatment of your pain, you should:

- Learn as much as possible about the therapy you are considering.
- Discuss all treatments, including complementary and nonpharmacologic practices, with your doctor before beginning or changing a treatment approach.

Cognitive behavioral therapy
Cognitive behavioral therapy is a form of psychotherapy that focuses on helping patients change their thinking patterns in order to change unhealthy behavior or moods. Sessions involve structured meetings with a trained mental health counselor or psychologist for a limited amount of time. Cognitive behavioral therapy often involves relaxation exercises, journal writing, and certain stress and pain relief methods.
<https://www.samhsa.gov/behavioral-therapy>

Acupuncture
Acupuncture is a practice that involves the stimulation of specific points on the body, usually through the insertion of thin needles into the skin.
<https://www.samhsa.gov/health/alternatives/acupuncture/introduction>

Chiropractic
Chiropractic care typically involves manipulation or adjustment of the spine and other parts of the body by a chiropractor or osteopath. Chiropractors are health care professionals who are licensed by the state in which they practice.
<https://www.samhsa.gov/health/alternatives/chiropractic/introduction>

Massage therapy
Massage therapy may have many different forms, but typically involves manipulation of soft tissue for health-related issues.
<https://www.samhsa.gov/health/alternatives/massage/introduction>

WWW.CDC.GOV/DRUGOVERDOSE

Rx Pain Medications
KNOW THE OPTIONS • GET THE FACTS

Dangerous Drug Interactions
Please consult your health care provider before using prescription pain medications with other substances.

Did you know...

According to the CDC, about one-half of deaths from prescription pain medications involve the use of at least one other drug.¹

Mixing opioids with other substances can cause dangerous side effects, including breathing trouble, coma, and even permanent brain damage or death.²

If you are taking a prescription pain medication, do NOT take the following without first talking to your health care provider:

- Alcohol (including beer, wine, and liquor)
- Antidepressant including atypical medications such as Bupropion
- Cough medicine/ cough syrup
- Benzodiazepines and benzodiazepines (often used at sleeping pills and sedatives, such as Ambien, Xanax, and Valium)
- General anesthesia (often used for surgery)

To find more information on safer, more effective pain management in the CDC Guidelines for Prescribing Opioids for Chronic Pain, visit <http://www.cdc.gov/drugoverdose/prescribingopioid.html>.

IN CASE OF EMERGENCY
Call 9-1-1 or the National Poison Help number at 1-800-222-1222.

NH Hot Helpline
1-800-222-1222

WWW.CDC.GOV/DRUGOVERDOSE

Rx Pain Medications
KNOW THE OPTIONS • GET THE FACTS

What Are the Risks of Opioid Pain Medications?

Side Effects and Interactions
Opioids can cause unpleasant side effects such as drowsiness, constipation, and slowed breathing. Some of these effects may be increased by:

- Taking them in combination with alcohol, sedatives, or other medications.
- Taking them in high doses or more often than prescribed.
- Taking them in a different manner than directed, like crushing pills to snort or inject.

After taking certain opioids regularly for a short time, some individuals could become physically dependent and experience uncomfortable withdrawal symptoms when stopping the medication. Misusing these medications increases the risk of:

- Substance use disorders, including addiction;
- Overdose; and
- Death.^{1,2}

PROTECT YOURSELF
ALWAYS:

- Tell your health care provider about all other medications you are taking, including over-the-counter medications.
- Ask if there are nonpharmacologic treatments that may be effective, like physical therapy or non-opioid medications.
- Avoid alcohol and illicit drugs when taking prescription pain relievers.
- Store your medication in a safe place and dispose of unused amounts appropriately.
- Talk to your health care provider about how to stop taking opioids safely as soon as your treatment is over, and what to do if the medication is not adequately treating your pain.
- Use opioids only as directed by your health care provider.
- Refrain from sharing prescriptions with friends or family. It is dangerous and illegal.
- Talk to your health care provider about what to expect from your medications—such as whether pain will be completely eliminated or decreased.

ADDITIONAL INFORMATION
For more information about overdose from opioids, visit www.cdc.gov/drugoverdose or <https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit-Updated-2016/SMA16-4742>.

WWW.CDC.GOV/DRUGOVERDOSE

Rx Pain Medications
KNOW THE OPTIONS • GET THE FACTS

What to Do if Your Medication Isn't Working

If you're in pain and your medication isn't working well enough, it can be tempting to stop or increase the dosage. However, trying to manage pain on your own without talking to your health care provider can have serious consequences, including impairment or dangerous side effects—or even death.

If your pain medication isn't working, call your health care provider.

Remember:

- Don't change the dosage without talking to your health care provider.
- Don't abruptly stop taking your medication.
- Take medicines only as directed.

When you talk to your health care provider:

- Tell them about all the medicines you take, including prescriptions, over-the-counter medications, and any vitamins, supplements, or herbal medications.
- Describe what has happened since your last visit.
- Verify that you were prescribed the right medication.
- Ask what the medication is supposed to do and when it will start working.
- Write down any instructions the health care provider gives you about making a change to your treatment.
- Ask questions if the health care provider's instructions are unclear.
- Ask about nonpharmacologic treatment options.

A good patient-provider relationship is a partnership. You and your health care providers can work as a team to address your problems with pain and keep your health. And, as always, do not share with others—prescription medications should always be monitored by a licensed prescriber or health care provider.

Additional Resources
For more information on pain management, visit www.dnrhah.org/american-society-of-pain-management or <http://www.cdc.gov/drugoverdose/prescribingopioid.html>.

SMA-17-0053-4

Rx Pain Medications
KNOW THE OPTIONS • GET THE FACTS

My Medications

Patients Name _____

Health Care Provider's Name _____

Health Care Provider's Phone _____

Some medications and supplements may be dangerous or even fatal when combined with opioid pain medication. To prevent any dangerous side effects, it is important to keep a detailed list of all medications or supplements you are taking and to share this information with your health care provider.

Medication	How much?	How often?	Reason?	Prescribed by:

NEED HELP?
Call 1-800-222-HELP (4357) for 24-hour free and confidential toll-free support and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish, or visit www.samhsa.gov/2k/help.

Find more information on safe pain management here: <http://www.cdc.gov/drugoverdose/prescribingopioid.html>

SMA-17-0053-5

Rx Pain Medications
KNOW THE OPTIONS • GET THE FACTS

Prescription Pain Medication Agreement

I agree to the following:

- I will only take prescription pain medication from _____, I will not seek these medications from other health care providers.
- I will inform _____ of any new medication or supplements I am taking, including over-the-counter medications.
- I will only take my prescription as prescribed and will not increase or stop the dose without instruction from _____.
- I will store all medications in a safe and secure place and will not give or sell my medication to anyone else.
- I will fill my prescriptions at only one pharmacy (name: _____) and understand that my prescriptions may be monitored by my state's online prescription drug monitoring program.
- I understand that if my prescription runs out early for any reason (for example, if I lose the medication or take more than prescribed), I might not be prescribed additional medication for me and that I might have to wait until it is time for my next prescription. If I fail to follow this agreement, _____ may no longer write prescriptions for me.
- I understand that if I lose my medication, if it is stolen from me, or if I take more than is prescribed, _____ might not prescribe additional medication for me and that I might have to wait until it is time for my next prescription.
- I agree to submit to drug testing (blood or urine) when requested by my health care provider.

Date _____

Date _____

Sources Consulted:
- Teichman, P. (2011). Alcohol for anxiety treatment. *Primary Care Management*, 8, 47-48.
- American Academy of Pain Medicine (AAPM) (2003). Global Agreement for the American Academy of Pain Management's Safe Use of Prescription Drugs. (Global Agreement & Contract). Retrieved from https://www.aapm.org/medialibrary/C2_AA_PM_PrescribingSafeUse.pdf

NEED HELP?
Call 1-800-462-4HELP (4357) for 24-hour free and confidential toll-free support and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish, or visit www.samhsa.gov/2k/help. Find more on safe pain management here: <http://www.cdc.gov/drugoverdose/prescribingopioid.html>.

SMA-17-0053-6

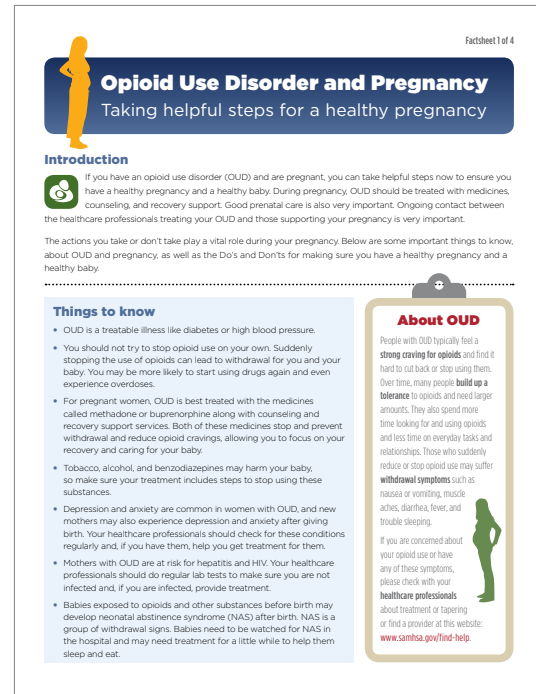
COMMUNITY OUTREACH MATERIALS



ENDING CONVERSION THERAPY: SUPPORTING AND AFFIRMING LGBTQ YOUTH

This report presents research, clinical expertise, and expert consensus on therapeutic practices related to children and adolescents' sexual orientation and gender identity, and makes the case for eliminating the use of conversion therapy among this population.

store.samhsa.gov/product/Ending-Conversion-Therapy-Supporting-and-Affirming-LGBTQ-Youth/SMA15-4928



OPIOID USE DISORDER AND PREGNANCY

This fact sheet was developed to help pregnant women who have an opioid use disorder stay healthy during pregnancy and guide them in the steps to take to ensure the best possible outcomes for their babies.

store.samhsa.gov/system/files/sma18-5071fs1.pdf

NATIONAL SUICIDE PREVENTION LIFELINE WALLET CARD

This publication lists signs for suicide risk in individuals and encourages those showing any of the signs to contact a mental health professional or to call the National Suicide Prevention Lifeline.

store.samhsa.gov/system/files/svp11-0126.pdf



COMMUNITY TOOLKITS

These toolkits provide resources to promote community conversations around mental health and substance misuse issues. Specific audiences range from older adults to college students to members of the LGBTQ population.

COMMUNITY TOOLKITS



GET CONNECTED TOOLKIT

Designed for organizations that provide services to older adults, this toolkit offers information and materials to:

- › Help staff understand the issues associated with substance misuse and mental illness in older adults;
- › Increase staff confidence and comfort in addressing these problems; and
- › Enable staff to screen and refer at-risk clients to an appropriate advisor.

The toolkit also contains materials to educate older adults, including awareness-raising and self-screening tools to help them overcome obstacles to seeking help.

store.samhsa.gov/product/Linking-Older-Adults-With-Medication-Alcohol-and-Mental-Health-Resources/SMA03-3824

OPIOID OVERDOSE PREVENTION TOOLKIT

This toolkit offers strategies to health care providers, communities, and local governments for developing practices and policies to help prevent opioid-related overdoses and deaths. Access reports for community members, prescribers, patients and families, and those recovering from opioid overdose.

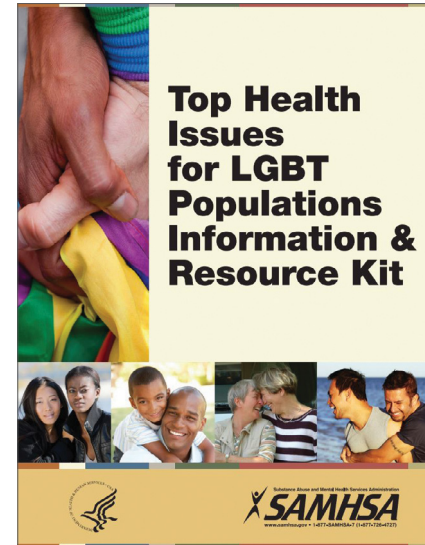
English: store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742
Spanish: store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit-Spanish-/sma18-4742spanish



“TALK. THEY HEAR YOU.” FLASH DRIVE TOOLKIT

This flash drive toolkit provides parents and caregivers with tools and information to start talking with their children about the dangers of alcohol and other substances. It includes a suite of materials that will reinforce the importance of underage drinking and substance use prevention.

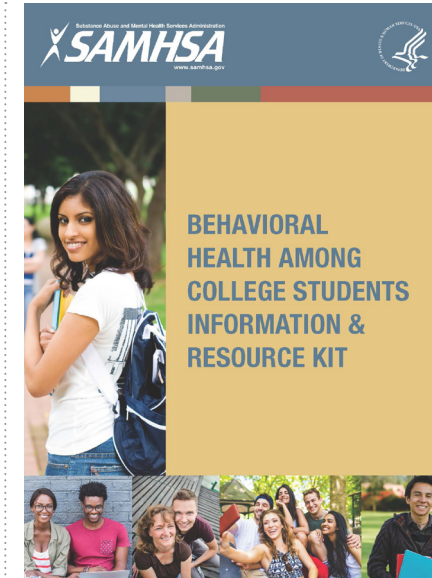
store.samhsa.gov/product/Talk-They-Hear-You-Partner-Toolkit/SMA13-4755PARTNERKIT



TOP HEALTH ISSUES FOR LGBT POPULATIONS INFORMATION AND RESOURCE KIT

This resource kit presents scientific findings on health issues facing lesbian, gay, bisexual, and transgender (LGBT) populations. The kit contains information on LGBT terminology and gender identity; a guide to web-based resources; and a customizable PowerPoint. The product is designed for anyone who serves the LGBT community, including state, territorial, tribal, and community prevention professionals; community-based organizations; LGBT individuals; clinicians; and trainers and educators.

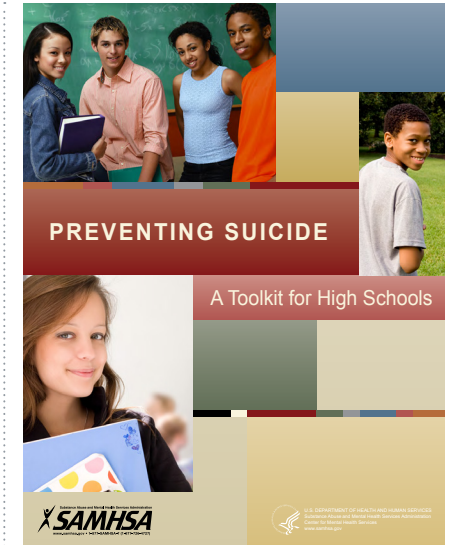
store.samhsa.gov/product/top-health-issues-lgbt-populations/sma12-4684



BEHAVIORAL HEALTH AMONG COLLEGE STUDENTS INFORMATION AND RESOURCE KIT

This toolkit focuses on substance misuse and mental health issues that many young adults encounter as they enter colleges and universities. It includes summaries of materials relevant to prevention efforts for this population and is geared toward college and university prevention practitioners, health center staff, and administrators.

store.samhsa.gov/product/Behavioral-Health-Among-College-Students-Information-and-Resource-Kit/sma19-5052



PREVENTING SUICIDE: A TOOLKIT FOR HIGH SCHOOLS

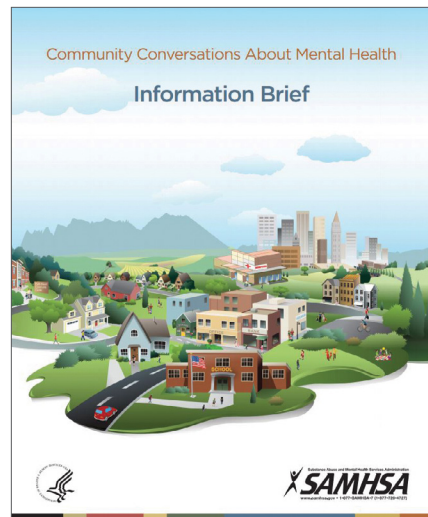
Created to assist high schools and school districts in their efforts to design and implement strategies to prevent suicide and promote behavioral health among students, this toolkit features methods for developing a detailed suicide prevention program that addresses the needs of students.

store.samhsa.gov/system/files/sma12-4669.pdf

COMMUNITY TOOLKITS

TOOLKIT FOR COMMUNITY CONVERSATIONS ABOUT MENTAL HEALTH

This three-part resource is designed to help those interested in holding a community dialogue about mental health.

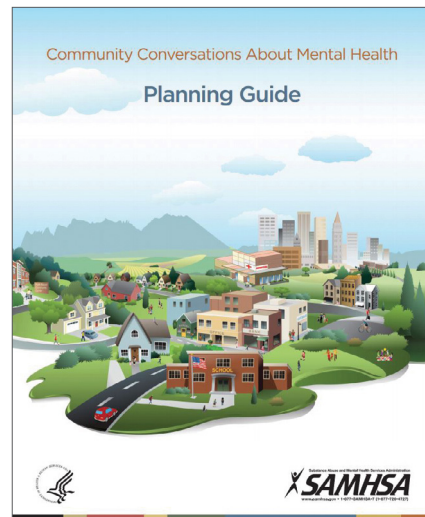


1. COMMUNITY CONVERSATIONS ABOUT MENTAL HEALTH: INFORMATION BRIEF

The information brief provides data and other facts about the prevention of mental illness and promotion of mental health awareness; early identification; and access to treatment, crisis response, and recovery supports. The information brief educates and informs community conversation participants and facilitators about mental health issues.

English: store.samhsa.gov/product/SMA13-4763

Spanish: store.samhsa.gov/product/SMA13-4763SPAN

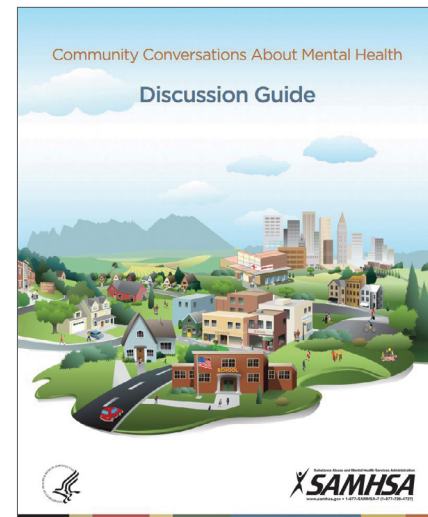


2. COMMUNITY CONVERSATIONS ABOUT MENTAL HEALTH: PLANNING GUIDE

The planning guide provides tools for holding a one-day community conversation, including information for planning conversations, recruiting and training facilitators, recruiting conversation participants, and identifying steps participants may want to take to raise awareness about mental health and promote access to mental health services.

English: store.samhsa.gov/product/SMA13-4765

Spanish: store.samhsa.gov/product/Community-Conversations-About-Mental-Health-Planning-Guide-Spanish-version-/SMA13-4765SPAN



3. COMMUNITY CONVERSATIONS ABOUT MENTAL HEALTH: DISCUSSION GUIDE

The discussion guide takes participants and facilitators through a one-day community conversation. It offers a framework for holding a successful and productive conversation and includes:

- › Discussion questions;
- › Sample views about mental health;
- › Process suggestions;
- › Facilitator tips; and
- › Individual and community follow-up steps.

English: store.samhsa.gov/product/SMA13-4764

Spanish: store.samhsa.gov/product/Community-Conversations-About-Mental-Health-Discussion-Guide-Spanish-version-/SMA13-4764SPAN



MOBILE AND VIRTUAL TOOLS AND APPLICATIONS

The mobile apps, interactive websites, and video games featured in this section support substance misuse prevention and behavioral health promotion activities for parents, youth, teens, educators, and community leaders.

MOBILE AND VIRTUAL TOOLS AND APPLICATIONS

“TALK. THEY HEAR YOU.” MOBILE APP

Talking to children about alcohol can be intimidating, but it can have a huge impact on their future. Parents are the No. 1 influence on whether or not their kids drink. This app is designed for parents of children ages 9 to 15 and serves as an interactive role-playing tool that helps parents and caregivers practice tough conversations about alcohol.



samhsa.gov/underage-drinking/mobile-application

KNOWBULLYING: PUT THE POWER TO PREVENT BULLYING IN YOUR HAND MOBILE APP

This app empowers parents by giving them the tools they need to start the conversation with their children about bullying. It describes strategies to prevent bullying and explains how to recognize warning signs that a child is bullying or being bullied. It also includes a section for educators.



store.samhsa.gov/product/KnowBullying-Put-the-power-to-prevent-bullying-in-your-hand/PEP14-KNOWBULLYAPP

MATX MOBILE APP

MATx empowers health care practitioners to provide effective, evidence-based care for opioid use disorders. This free app supports practitioners who currently provide medication-assisted treatment (MAT), as well as those who plan to do so in the future.



store.samhsa.gov/system/files/matx-flyer.pdf



ALCOHOL'S EFFECTS ON THE BRAIN: A REACH OUT NOW MOBILE APP

This app is a science-based curriculum for fifth- and sixth-grade classroom use. Students learn about parts of the brain, ways that alcohol can disrupt brain functions, and other facts about underage alcohol use. Students also can record their response to four real-life situations involving alcohol use decisions. Teacher materials include a discussion guide with key concepts, objectives, and questions; suggested cross-curricular use of app content; and a list of resources related to underage alcohol use.

store.samhsa.gov/apps/alcoholfx

COLLEGE DRINKING: PREVENTION PERSPECTIVES VIDEO SERIES

This video series showcases underage drinking prevention strategies on and around college campuses across the nation. The videos explore actions taken to reduce underage and harmful drinking, offering educators, parents, and prevention organizations valuable insight into campus and community prevention efforts that work. The first video shares lessons learned at Frostburg State University, while the second video addresses the prevention work done at Howard University and Morgan State University, both of which are historically black colleges and universities.



Frostburg State University video: [youtube.com/watch?v=PEwleuXyPZY](https://www.youtube.com/watch?v=PEwleuXyPZY)

Howard University and Morgan State University video: https://www.youtube.com/watch?v=IJI1U_QZw

THE SOUND OF YOUR VOICE VIDEO AND COMPANION GUIDE

This video encourages parents to talk with their college-bound young adult about the consequences of underage alcohol use. “Talking With Your College-Bound Young Adult About Alcohol” is a companion guide that emphasizes parents’ influence over alcohol use decisions by their older children and offers tips on discussing alcohol use with them before and during college.

Video: [youtube.com/watch?v=IXOVzTjDrA](https://www.youtube.com/watch?v=IXOVzTjDrA)

Companion Guide: store.samhsa.gov/system/files/sma18-4897.pdf



SAMHSA BEHAVIORAL HEALTH DISASTER RESPONSE MOBILE APP

This app offers first responders immediate access to field resources for aiding disaster survivors. It has the ability to search for and map behavioral health service providers in the impacted area, review emergency preparedness materials, and send resources to colleagues. Resources for intervention with survivors of infectious disease epidemics are available in the latest version.



store.samhsa.gov/apps/samhsa-disaster

SUICIDE SAFE: THE SUICIDE PREVENTION APP FOR HEALTH CARE PROVIDERS

This free app helps providers integrate suicide prevention strategies into their practice and address suicide risk among patients. Suicide Safe is based on SAMHSA’s Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) card.



store.samhsa.gov/apps/suicidesafe

preventionworks

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