**Prescription Drugs**

1. What is prescription misuse?
   1. Taking a medication other than prescribed.
   2. Taking someone else’s prescription.
   3. Taking a medication to feel euphoria (i.e., to get high).
2. Types of prescription medications
   1. Stimulants – Treatment purposes: Generally prescribed to treat ADHD or narcolepsy
      1. Adderall (amphetamine salts, amphetamine)
      2. Ritalin
      3. Vyvanse
      4. Concerta
   2. Benzodiazepines (A type of Depressant) – Treatment purposes: Generally prescribed to treat anxiety, seizures, or insomnia
      1. Xanax (alprazolam)
      2. Valium (diazepam)
      3. Ativan (lorazepam)
      4. Klonopin (clonazepam)
   3. Opioids/Narcotics (A type of Depressant) – Treatment purposes: Generally prescribed to treat moderate to severe pain
      1. Oxycontin (oxycodone)
      2. Lortab (hydrocodone & acetaminophen)
      3. Percocet (oxycodone & acetaminophen)
      4. Fentanyl
3. Risks of fentanyl in counterfeit pills and party drugs
   1. What is Fentanyl?
      1. It is a synthetic opioid, similar to morphine, that is prescribed to treat severe pain, especially after surgery. If taken under a medical provider’s care, it is a safe pain treatment option.
   2. Fentanyl in the illicit drug market:
      1. Fentanyl is 50 times more potent than heroine and 100 times more potent than morphine, making it highly addictive and easy to overdose on if misused. Illegally manufactured fentanyl (in the forms of powder, pressed pills, or liquid) has become popular in the illicit drug market due to its potency and affordability. Illicit fentanyl is used to make counterfeit pills that look like legitimate prescription pills. Party drugs (e.g. cocaine, MDMA, weed) are also being laced with fentanyl to intensify the high for consumers in a cost-effective way. People who buy these counterfeit pills or laced party drugs are often unaware that they are consuming fentanyl.
   3. Overdosing on fentanyl:
      1. Opioid overdoses happen when too many opioids attach to receptors in the brain and cause you to stop breathing. You cannot overdose on fentanyl just by touching it. It has to get into your blood to get to your brain.
      2. If you think that you have come into contact with fentanyl, avoid touching your eyes, nose or mouth so it cannot get into your bloodstream and travel to your brain. Wash your hands with soap and water. Do not use hand sanitizer. It does not remove the substance from your hands (TN Dept of Mental Health & Substance Abuse, 2021).
      3. In 2020, there were 2,104 overdose deaths involving Fentanyl in Tennessee (TN Dept of Mental Health & Substance Abuse, 2021)
4. Signs of drug overdose and response steps
   1. Narcotics/Depressants
      1. Cold, clammy skin
      2. Discolored skin (pale, purple, bluish, etc.)
      3. Nausea/vomiting
      4. Slow or shallow breathing
      5. Extreme drowsiness
      6. Unresponsive or unconsciousness
      7. If unconscious, snoring or gurgling sound
         1. Exhibiting ANY ONE of these symptoms is a sign of overdose involving narcotics/depressants.It’s important that when someone is showing these signs they receive immediate assistance. Follow these steps to take care of your people. Remember, Vols Help Vols
            1. Call 911
            2. Lay them on their side
            3. Stay with them
   2. Stimulants
      1. Confusion
      2. Mood swings involving agitation or anxiety
      3. Psychosis (i.e. hallucinations, paranoia)
      4. Increased body temperature
      5. Increased heart rate
      6. Irregular breathing or shortness of breath
      7. Nausea/vomiting
      8. Muscle and/or chest pain
      9. Severe headache
      10. Uncontrollable movement
5. Exhibiting ANY ONE of these symptoms is a sign of overdose involving stimulants.It’s important that when someone is showing these signs they need assistance. Follow these steps to take care of your people. Remember, Vols Help Vols
   * + - 1. Call 911
         2. Stay with the person
         3. Offer them water and a cooling pack
         4. Keep them calm
         5. If needed, give them space while looking after them (e.g. if agitated)
6. Keeping Your Prescriptions Safe
   1. Monitor
      1. Take note of how many pills are in each of your prescription bottles or pill packers, and keep track of refills.
   2. Secure
      1. Secure them in a place only you know about, preferably locked. The Student Health Center Pharmacy provides free medication lock boxes to UTK students upon request – just visit the SHC Pharmacy to pick one up.
7. Steps for the appropriate use of your prescription medications
   1. Follow directions as explained on the label or by the pharmacist.
   2. Be aware of potential interactions with other drugs as well as alcohol.
   3. Speak with a doctor before changing a dosing regimen.
   4. Store your prescription safely.
8. Alcohol & Drug Interactions
   1. Combining medications (prescribed or not prescribed) with alcohol can have unpredictable and unwanted consequences.
   2. Some medications—including over-the-counter pain medications and cough, cold, and allergy remedies—contain more than one ingredient that can react with alcohol. Read the label on the medication bottle to find out exactly what ingredients a medicine contains.
   3. Mixing alcohol and medicines puts you at risk for dangerous reactions. Protect yourself by avoiding alcohol if you are taking a medication and do not know its effect. To learn more about a medicine and how it will interact with alcohol, talk to your pharmacist or other health care provider.
9. Disposal/Collection of Drugs
   1. The goal of the collection is to prevent prescription and over-the-counter medications from getting into the waterways, into the hands of children, and to make sure they are disposed of in a safe, environmentally-friendly manner.
   2. Find a Prescription Drug Take-Back Box
      1. <https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1>
   3. Permanent drop boxes on campus
      1. UTPD at 1101 Cumberland Ave
      2. Student Health Center Pharmacy at 1800 Volunteer Blvd
   4. Acceptable items for permanent drop boxes
      1. Unwanted, outdated, and expired prescriptions and over-the-counter medications
      2. Veterinarian prescribed pet medications
10. Resources: On Campus
    1. Free Medication Lock Box Program
       1. In partnership with the Metro Drug Coalition and the Center for Health Education & Wellness, the Student Health Center Pharmacy provides free medication lock boxes to students upon request. To learn more, visit <https://wellness.utk.edu/medication-lock-box-program/>
    2. Weekly recovery meetings
       1. Who: Open to all, with emphasis on students and young adults in recovery
       2. Where: St. John XXIII Church, 1710 Melrose Place
       3. When: Weekly on Fridays at 9:00pm
    3. Center for Health Education & Wellness (CHEW) <http://wellness.utk.edu>
       1. Vols Know Prescription Stimulants
          1. A program that provides information on prescriptions stimulants, how to recognize them, understand misuse, and correct misperceptions.
    4. University of Tennessee Police Department (UTPD) <http://utpolice.utk.edu>
       1. Lost & Found. To inquire about a lost item contact UTPD at 865-974-3114
    5. Student Health Center Pharmacy <http://studenthealth.utk.edu/student-health-center-pharmacy/>
       1. The Student Health Center Pharmacy is the only pharmacy located in the heart of UTK campus.
    6. Student Counseling Center <http://counselingcenter.utk.edu>
       1. The Student Counseling Center is the university’s primary facility for personal counseling, psycho-therapy, and psychological outreach and consultation services. Our mission is to promote the psychological, educational, and social well-being of the student of the University of Tennessee and to help prepare them to be productive members of society. The Student Counseling Center provides the following services for students:
          1. Brief Consultation Session
          2. Individual, Couples, Group Counseling and Psychotherapy
          3. Crisis Services
          4. Psychiatric Services
          5. Psychoeducational Workshops and Consultations
          6. Referrals to on- and off-campus mental health services
    7. 974-Help: <https://dos.utk.edu/974-help/> (\*note: The Center of Care & Resilience will have a new webpage soon)
       1. The Center for Care & Resilience oversees 974-Help (865-974-4357), a referral line to help students in distress identify next steps and access resources. A team of professional staff support this line and students in distress, students concerned about other students in distress, and staff concerned about students in distress are encouraged to call to receive prompt guidance and support. A call to 974-Help should also be made if someone is observing a behavior that makes them feel uncomfortable or if someone is concerned that a student may harm themselves or others. If someone is unsure what to do and does not want to give the student of concern’s name, they are still encouraged to call 974-Help to talk about their concerns, possible next steps, and available resources.
11. Additional Resources: Off Campus
    1. Knoxville Police Department (KPD)
       1. Unwanted Medicines Collection
    2. Metro Drug Coalition (MDC) <https://metrodrug.org/>
       1. MDC is a nonprofit organization established 31 years ago by a joint resolution of City of Knoxville and Knox County to unite policy makers and leaders to address community substance abuse issues.
    3. Cornerstone of Recovery <https://www.cornerstoneofrecovery.com/>
       1. Provides treatment to individuals and their families to address substance use disorders. Cornerstone provides medical detox, residential, intensive outpatient, outpatient, and support living programs.
    4. Centerpointe <http://www.mcnabbcenter.org/location/centerpointe>
       1. A program of Helen Ross McNabb Center that provides alcohol and drug residential services as well as medical detoxification and a crisis stabilization unit.
    5. Peninsula Lighthouse and Outpatient Clinic <https://www.peninsulabehavioralhealth.org/outpatient/>
       1. Provides intensive outpatient programs for substance use disorders as well as outpatient therapy services.

References

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<https://pubs.niaaa.nih.gov/publications/medicine/medicine.htm>

<https://nida.nih.gov/publications/drugfacts/fentanyl>

<https://www.tn.gov/content/dam/tn/health/documents/pdo/2020_Tennessee_Drug_Overdose_Deaths.pdf>

<https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/fentanyl.html>

[drugfacts-prescriptionstimulants.pdf (nih.gov)](https://nida.nih.gov/sites/default/files/drugfacts-prescriptionstimulants.pdf)

[Responding to Stimulant Overamping - National Harm Reduction Coalition](https://harmreduction.org/issues/overdose-prevention/overview/stimulant-overamping-basics/responding-to-stimulant-overamping/)