



“Prevention is a proactive process. It empowers individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles.”

—Center for Substance Abuse Prevention, 1996

# PREVENTION OUTLOOK

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## Study Identifies Motives for Prescription Drug Abuse Among Teens

A new study published in the August issue of Archives of Pediatrics & Adolescent Medicine, one of the JAMA/Archives journals, found that the most common reasons high school seniors took prescription medications for non-medical purposes were relaxation, feeling good or getting high, experimentation and pain relief.

Sean Esteban McCabe, Ph.D., of the University of Michigan, Ann Arbor, and colleagues assessed survey responses from five consecutive groups of seniors at public and private high schools throughout the United States between 2002 and 2006. The 12,441 students filled out questionnaires reporting whether they had used opioids such as morphine, opium or codeine for medical or non-medical reasons over the past year or ever in their lifetimes. Those who reported non-medical use selected their most important reasons for doing so from a list of 17 potential motives. The students also were asked about methods used for taking the drugs (for example, smoking or in pill form) and any other substance use habits.

More than one in every ten participants—a total of 12.3 percent—reported using prescription opioids for non-medical reasons in their lifetimes, including 8 percent who reported having done so in the past year. The leading motives were to relax or relieve tension (56.4 percent), to feel good or get high (53.5 percent), to experiment (52.4 percent), to relieve physical pain (44.8 percent) or to have a good time with friends (29.5 percent).

Students who said they used the drugs only for pain relief were less likely to also report heavy drinking or other drug use than were those who took them for other reasons or who reported

multiple motivations that included pain relief. “Future clinical and research efforts should attempt to differentiate between motives for non-medical use of prescription opioids because the present study identified subtypes that were significantly associated with medical use of prescription opioids and substance use behaviors,” the authors write.

The report also found that more than seven in every 10 non-medical users of prescription opioids motivated by pain relief reported a lifetime history of medical use of prescription opioids. Other studies indicate that many adolescents obtain opioids from their own previous prescriptions. “These results suggest that appropriate pain management and careful therapeutic monitoring could contribute to reductions in the non-medical use of prescription opioids among adolescents,” the study authors noted.

The authors also suggested the use of screening efforts to differentiate between adolescents who need help with pain management and those who need a more comprehensive assessment for substance use disorders.

### Fact Sheet: Prescription Drug Abuse a DEA Focus

Nearly 7 million Americans are abusing prescription drugs - more than the number who are abusing cocaine, heroin, hallucinogens, Ecstasy & inhalants, combined. That 7 million was just 3.8 million in 2002, an 80% increase in just 6 years.

Prescription pain relievers are new drug user’s drug of choice, vs marijuana or cocaine.

Opioid painkillers now cause more drug overdose deaths than cocaine & heroin combined.



Arkansas Department of Human Services  
Division of Behavioral Health Services  
Office of Alcohol and Drug Abuse Prevention



## Call Your Senators in Support of SDFSC

On Friday, July 17th, the Full House Appropriations Committee voted to eliminate the State Grants portion of the Safe and Drug Free Schools and Communities (SDFSC) program. The Senate Labor, Health and Human Services and Education Subcommittee on Appropriations is tentatively scheduled to mark up its version of the bill that contains funding for this program on July 28th. We can still try to get the funds restored, but we need help from the field.

Please take five minutes out of your day TODAY to call both of your senators. Click here to find contact information of their education staffers.

When connected, please deliver the following message:

- I understand that the Full House Appropriations Committee voted to eliminate the State Grants portion of the Safe and Drug Free Schools program
- The House Report says it would rather concentrate funding on targeted interventions, funded through the national programs portion of the Safe and Drug Free Schools program
- This is a huge problem and a gigantic mistake because the national programs gives very large grants to a very limited number of local educational agencies who will not be able to sustain these grants when the grant period is over
- In addition, over 90% of school districts, including mine, DON'T receive money from the national programs and probably never will
- Therefore, if the State Grants portion of the Safe and Drug Free Schools program is eliminated and there will be no prevention infrastructure in place in the vast majority of schools in the country, including ours, to provide K-12 students with messages and effective programming to counter emerging and embedded drug trends as well as bullying and violence prevention issues

- Please tell your boss to talk to Senator Harkin to let him know it is critical that the funding for the Safe and Drug Free Schools program be maintained

CADCA will continue to monitor the SDFSC program as the appropriations process moves forward and will alert you when further action must be taken. If you have questions, please feel free to contact David Kurosky, Public Policy Associate at [dkurosky@cadca.org](mailto:dkurosky@cadca.org).

Article taken from CADCA Newsletter July 23, 2009

*To order a copy, visit CADCA's Online Store. CADCA Members will receive a free copy via mail and can download a free copy in the Membership Only section.*

## Using Local APNA Data for Education, Planning, and Fundraising

The Arkansas Prevention Needs Assessment (APNA) student survey is administered annually to 6th, 8th, 10th, and 12th grade students throughout Arkansas, at no cost to participating public school districts. APNA is a project of the Office of Alcohol and Drug Abuse Prevention (ADAP), Division of Behavioral Health Services, Department of Human Services. Since 2002, APNA has provided policymakers, preventionists, school personnel, and community members with exceptional data for understanding prevention needs in the area of alcohol, tobacco, and other drug use, antisocial behavior and delinquency, teen pregnancy, school dropout, and violence.

Benefits of participation are numerous. Local data allows for strategic planning of prevention services that best meet the needs of the community. Such data has also proven to be extremely valuable in applying for grants and other funding. A key benefit of having local data is the ability to use the data to educate schools, communities, and policymakers about the issues facing a region, county, school district, or school building.

In an effort to simplify the task of displaying local data, ADAP has developed a series of flyers and flyer templates, which are available for downloading at [www.arkansas.gov/dhs/dmhs/adap\\_survey.htm](http://www.arkansas.gov/dhs/dmhs/adap_survey.htm) (note: there is an underscore between 'adap' and 'survey'). Once on the site, click on "Flyers Reporting State-Level APNA Data" to view print-ready flyers. Flyers are available on several topics, including alcohol, inhalants, marijuana, the teen brain, risk and protective factors, and tobacco. Flyer templates are partially completed flyers, with national and state data already entered. To access the templates, from the ADAP main page, click on "Toolkit: Templates to Create Localized APNA Flyers." Users are provided instructions for entering local APNA data, and within a matter of minutes can create an attractive flyer to depict local data. Visit the web site or contact Alison Rose, Fellow, Center for Substance Abuse Prevention, at [blissarose@hotmail.com](mailto:blissarose@hotmail.com) or (501) 352-0549 for additional details.

## 2009 Arkansas Conference on Child Abuse & Neglect

September 9 - 11, 2009

The Arlington Resort Hotel & Spa  
Hot Springs, AR

For more information, go to our website  
[www.midsouth.ualr.edu](http://www.midsouth.ualr.edu)



MidSOUTH Prevention Institute  
 University of Arkansas at Little Rock  
 2801 S. University Ave.  
 Little Rock, AR 72204-1099

# UALR is now a non-smoking campus as of August 16, 2009

## Become a Certified Preventionist

If you are interested in becoming a Certified Preventionist, please contact the Arkansas Prevention Certification Board (501) 603-0598  
[arkprevention@sbcglobal.net](mailto:arkprevention@sbcglobal.net)

**We would like to congratulate Lorraine Yerton on her new position as Program Support Specialist for MidSOUTH Substance Abuse and Prevention**

## PREVENTION OUTLOOK

is published quarterly by the MidSOUTH Prevention Institute at the University of Arkansas at Little Rock. To learn about programs and services, contact MSPI at (501) 569-3079.

## Upcoming Workshops

- Cultural Awareness  
August 25, 2009  
Little Rock (Waiting List)
- Educating, Advocacy & Lobbying: What is the Difference  
August 28, 2009  
Little Rock (Waiting List)
- Social Marketing: Using Prevention as a Networking Tool  
September 11, 2009  
Fort Smith
- Inside the Teenage Brain: Implications for Adults Who work with Teens  
September 24, 2009  
Little Rock (Waiting List)
- Prevention Certification Exam Prep  
October 9, 2009  
Little Rock
- The Do's & Don'ts of Grant Writing  
October 15, 2009  
Little Rock (Waiting List)
- Suicide Prevention Education for School & Community Personnel  
October 23, 2009  
Fort Smith
- Crisis & Emergency Communication Training  
October 29-30, 2009  
Little Rock (Waiting List)

## Join the Arkansas Prevention Network (APNet) !!

For more information on this organization visit their website at: [arkansaspreventionnetwork.org](http://arkansaspreventionnetwork.org)

## MSPI Library Additions

The MSPI Library is available to help with your prevention training needs. Come and check out the new additions to our library.

## Prevention Institute Mailing List

Do we have your e-mail address? If not and you would like to join our electronic mailing list, please email [pi@midsouth.ualr.edu](mailto:pi@midsouth.ualr.edu).

If you would like to be removed from the mailing list or if your contact information has changed, please relay this information to us at:  
 (501) 569-3079, or  
[pi@midsouth.ualr.edu](mailto:pi@midsouth.ualr.edu)