VERMONT
DEPARTMENTOF HEALTH

What Communities Can Do

JOIN

a regional partnership or your community coalition.

- Encourage businesses, medical centers and non- profits to join in substance abuse/ intervention work.
- Recognize your community partners for their work.

INFORM

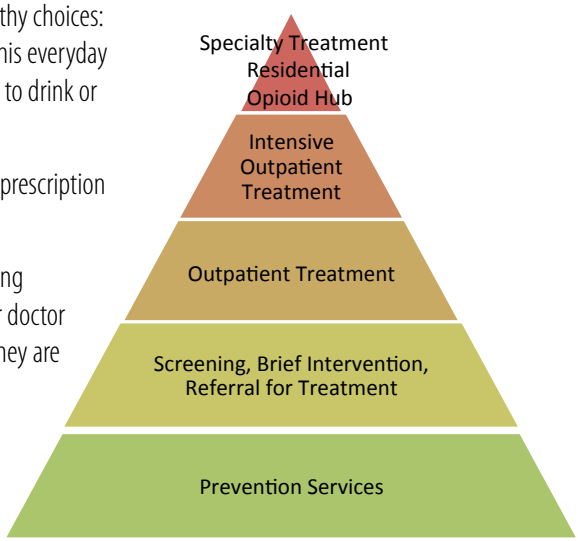
Address 'not in my backyard' concerns by reducing the stigma of addiction:

- Write letters to the editor.
- Post info about treatment and recovery services available in your community.
- Sponsor trainings for partners in law enforcement, health care, education, business, etc.
- Speak up about substance abuse at community events

ACT

It takes a community and collective community actions sustained over time, to prevent substance abuse.

- Advocate for family and school programs proven to promote mental health and prevent substance abuse.
- Volunteer to serve as a mentor, or support your community teen center.
- Support the use of screening and brief intervention (SBIRT) and access to addiction treatment.
- Talk with your children. They care what you think. Parental monitoring and supervision are important. Children who learn about the risks of drugs and alcohol from their parents are half as likely to use than those who do not.
- Help your teen stay safe and make healthy choices: Talk and listen. Get directly involved in his everyday world. Make it clear you don't want her to drink or use drugs. Set clear limits.
- Talk with your family about the risks of prescription drug misuse.
- Encourage people who may be struggling with substance abuse to talk with their doctor or treatment professional about what they are experiencing.



ADDRESS 108 Cherry Streeet, Box 70 Burlington, VT 05402 WEB HealthVermont.gov/adap

June 2014

PREVENT
opioid drug deaths

In 2013, the Vermont Legislature authorized the Health Dept. to develop and administer a pilot program to distribute emergency overdose rescue kits to people at risk, and to family, friends and others who may be in a position to help in the event of a opioid drug poisoning. In June 2014, this pilot program is well underway.

The medication in the rescue kit is naloxone, also known by the trade name Narcan™. Naloxone is a safe and effective medication that quickly reverses the life-threatening effects of opioid overdose. Naloxone is administered by spraying a fine mist up the person's nostrils. The kit comes with easy to use instructions.

When the Vermont Board of Pharmacy has adopted a policy, naloxone may be dispensed by pharmacists without an individualized prescription.

PREVENT
opioid drug misuse or accidents

If you have medications in your home, store them in a safe, locked place.

Prevent accidental poisoning and misuse by safely storing and disposing of unused or expired prescription medications and over-the-counter drugs. Most people age 12 and older who abused prescription pain relievers got them from friends or relatives.

- **Secure your medications at home.** Keep out of reach and securely locked to prevent children from taking accidentally, or from being misused or abused by people in your household.
- **Safely dispose of your medications.** Take advantage of a local drug take back program or follow federal and state guidelines for proper disposal of prescription and over-the-counter medications.
- **Know where to take your unused medications.** For a listing of places in Vermont that offer drug disposal throughout the year, dial **2-1-1** or visit **www.Vermont211.org** – or Dept. of Public Safety Drug Diversion website: **www.vsp.vermont.gov/drugdiversion**

If you can't find a drug take-back or collection program in your area, follow federal and state guidelines available at:

State www.healthvermont.gov/adap/documents/RxDisposalGuidelines_Nov2013.pdf

Federal www.fda.gov/forconsumers/consumerupdates/ucm101653.htm

For more information healthvermont.gov/adap/treatment/naloxone