

Wellness Points

The misuse of prescription drugs has a devastating effect on individuals, families and communities.

Any medicine can be dangerous if not taken the way it was prescribed in the amount directed.

There are times when it is necessary to prescribe medications. However, some prescription medications have the potential to lead to misuse or abuse if not taken as prescribed.

Sharing medicine or mixing medicine with alcohol is always dangerous.

Sometimes medications are prescribed for the wrong reasons and this may lead to more problems or the real issue from being dealt with.

There are many reasons why people abuse medication. Whatever the reason there are alternatives to misusing medication.

Prescription medication does not cure emotional or spiritual pain.

When prescribing medication, often Doctors are doing what they think is best.

If you feel that you or your loved one are being given too many medications by your doctor - act by talking directly to your doctor, share your concern with someone you trust or the call the College of Physician and Surgeons of Alberta at 1 800 661-4689.

Helpful Community Resources

Someone you trust

Elder
Spiritual Advisor
Treaty Wellness Consultant 6
Treaty Wellness Consultant 7
Treaty Wellness Consultant 8
NNADAP Worker
Doctor or Registered Nurse
Psychiatrist or Psychologist
Social Worker
Counselor or Mental Health Worker



What is the DUPP Project?

The Chiefs acknowledge that prescription drug abuse is a concern for all of the Alberta Region First Nation Communities. The Chiefs recognize prescription drug misuse and abuse is negatively affecting the health and well being of the Peoples of Treaties No. 6, 7 and 8 (Alberta). This project was approved by Alberta First Nations Health Co-management Chiefs to use a three-pronged approach to address issues of misuse and abuse of prescription drugs, particularly opiates and benzodiazepines within First Nation communities. A major facet of the project, developed by the Alberta First Nations Co-Management Mental Health and Addictions Subcommittee, was the development and delivery of an educational component, based on community engagement. The initiative involved five First Nation communities. The Drug Utilization Prevention & Promotion (DUPP) Project resulted from concerns identified in the 1997 Auditor General's Report.



The Drug Utilization Prevention & Promotion (DUPP) Project



Treaty 6



Treaty 7

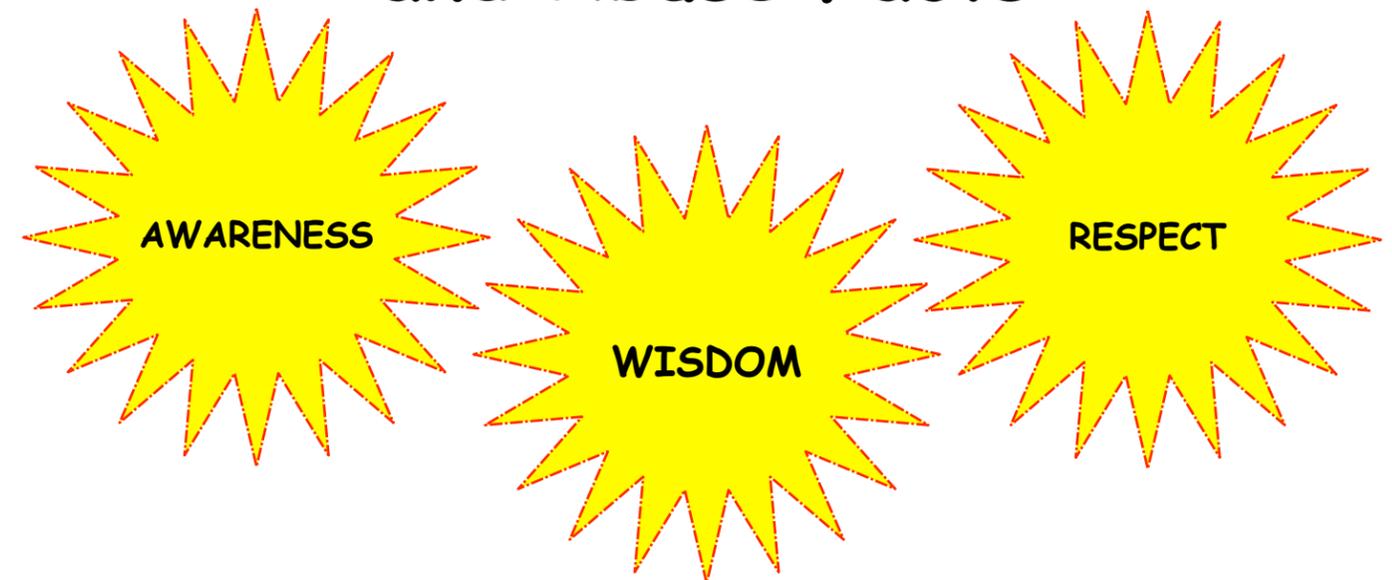


Treaty 8



UNIVERSITY OF
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MEDICINE

Prescription Drug Use, Misuse and Abuse Facts



At the Wisdom Meeting and Community Engagement Days in 2012 our people shared their deep concerns about prescription medication misuse and abuse.

Prescription drug misuse, abuse and addictions are serious and widespread problems in our communities.

We have a willingness to face our problems and use our strengths to get better.

Our community leaders and some physicians know that medicines do not cure or heal spiritual pain.

Some of our people are in pain but we still can carry on.

Some physicians who serve our communities recognize our historical trauma from residential schools.

We are committed to making things better for everyone including our children and grandchildren.



We are proud of our culture and our traditions and together we can achieve what we want for our next generation

The Drug Utilization Prevention & Promotion (DUPP) Project



PRESCRIPTION DRUG AWARENESS

Words to remember

Health professionals may say the words prescription drug use, misuse and abuse.

Prescription Drug Use

This means you are taking the right prescribed medication, the right way and for the right reason that was prescribed to you by your Doctor.

Prescription Drug Misuse

This means that you are taking your prescribed medication for the wrong reason than what your Doctor had prescribed for you.

Prescription Drug Abuse

This means you are taking yours or someone else's prescribed medication to experience the feelings of a "buzz" or to sell the medication for money.

Concerns and suffering in our communities

Abuse of prescription medications is the "new alcohol"

Some of our community members of all ages are misusing and abusing prescription medications to get a buzz or change their feelings of sadness, loneliness and emptiness

Newborns are being born with substance dependence or withdrawal

Children are watching and mimicking their parents addictive behaviours

Drugs and alcohol are being left in the open for children to take

Parents are not at home to parent children

Children are being physically and sexually abused

Children are often not being taken to school

Teenagers are using inhalants and engaging in violent behaviours

Young women are bringing drug dealers back from the city into the communities

Non-community individuals are now living in and dealing drugs in some communities

Elders are being manipulated and bullied for their medications

There are high suicide rates by prescription drugs and alcohol overdose

Community members are not getting appropriate medical attention because they are uncomfortable being in physicians' offices when prescription drug dealers are in parking lots and waiting rooms

Types of Medication And Slang Words	Most Common and Proper Use	Trade Name	Scientific Name	Potential for Addiction
Opioids or Narcotics perc's oxy candy	for a short period of time with intense or severe pain	Tylenol #3 and #4 Percocet Endocet Oxycontin MS Contin Dilaudid Talwin	Codeine Oxycodone Morphine Hydromorphone Tentazocine	'Less Safe' Addictive Slows down breathing when mixed with alcohol
Benzodiazepines resties mogies	anxiety seizures muscle relaxants	Valium Xanax Ativan Rivotril Lectopam Restoril Mogadon	Diazepam Alprazolam Lorazepam Clonazepam Bromazepam Temazepam Nitrazepam	'Less Safe' addictive works quickly
Sleeping Medication	help to get to sleep and stay asleep	Imovane	Zopiclone	'Safe' promotes healthy sleep
Other Medication sometimes used to help sleep Benzodiazepines bennies b's	anxiety seizures muscle relaxants	Valium Xanax Ativan Rivotril and many others	Diazepam Alprazolam Lorazepam Clonazepam	'Less Safe' addictive sometimes used for sleep not the best medications for sleep
Anti-depressants	depression, mood problems, anxiety and long lasting pain	Celexa Effexor Paxil Prozac	Citalopram Venlafaxine Paroxetine Fluoxetine	'Safer' not usually addictive takes 4-6 weeks to work
Tricyclic Anti-depressants	depression, anxiety and long lasting pain	Elavil Desyrl	Amitriptyline Trazodone	'Safe' not addictive but is dangerous at high doses
Anti-inflammatory or NSAID's	for a short period of time with pain or for long lasting pain and inflammation	Advil Aleve Naprosyn Celebrex Voltaren	Ibuprofen Naproxen Naproxen Celecoxib Diclofenac	'Safer' not addictive can hurt the kidney and stomach
Chronic Pain Medications	chronic pain from nerve irritation	Neurontin Lyrica Flexeril	Gabapentin Pregabalin Cyclobenzaprine	'Safer' not addictive reduces but does not cure pain can cause sleepiness
Stimulants	attention deficit disorder	Ritalin Dexedrine Adderal	Methylphenidate Dextroamphetamine Amphetamine/ dextroamphetamine	'Less Safe' habit forming dangerous to heart
Medications you can buy without a prescription dimetabs dime's	for nausea and vomiting and motion sickness	Gravol	Dimenhydrinate	'Safe' not addictive causes sleepiness



Stimulant Drugs

These drugs act on your brain to calm your behaviour and help you with better thinking.

The most common and proper use of these medications are for treating Attention Deficit Disorder.

These medications can be harmful to your heart.

Uppers or R's are highly addictive and may be abused.



Ritalin



Dexedrine



Adderall

The Path to Spiritual Wellness



Help change denial in your community

This means facing the fact there is prescription drug misuse and abuse in our community even though it is uncomfortable to accept this truth.



Help share awareness of the problem and challenges we are facing

This means you are willing to talk honestly to each other about the real issues you may be facing with your family and friends.



Help create and participate in an action plan

This means you are committed to working with other community members to support healthy choices and decision making.



PRESCRIPTION DRUG AWARENESS

'Narcotic' or 'Opioid' Drugs

This group of drugs has either a natural or chemical in them called opioid. These drugs can dull the sense of pain, slow down your breathing and cause drowsiness or make you sleepy.

The most common and proper use of this medication is for a short period of time with intense or severe pain.

Candy, OXY and PERC's are highly addictive.



Tylenol #3



Tylenol #4



Percocet



Oxycontin



M.O.S



MS Contin



Codeine



Oxycodone



Morphine

Benzodiazepine Drugs

This group of drugs acts on your brain to help you with feelings of worry, restlessness, muscle tension and troubled thinking.

The most common and proper use of this medication is for temporary help with anxiety, muscle relaxants, promotion of sleep, and preventions of seizures.

Benzo's or Bennies are highly addictive.



Valium



Xanax



Clonazepam



Ativan



Sleep Drugs

These drugs act on your brain to help you get a healthy nights sleep.

The most common and proper use of these medications are to help you get to sleep and stay asleep.

These types of drugs are safe and not addictive.

Anti-depressant Drugs

These drugs act on your brain to help you with depression, anxiety and long lasting pain.

The most common and proper use of these medications are to treat overwhelming feelings of sadness or negative thoughts.

These types of drugs take 4-6 weeks to help a person to start feeling better.

These types of drugs are generally safe and not addictive.



Celexa



Effexor



Paxil



Prozac

Tricyclic Anti-depressant Drugs

These kinds of drugs are a little bit different from other anti-depressants because they make your body sleepy.

The most common and proper use of these medications are for feelings of depression, anxiety and long lasting pain.

These types of drugs are generally safe and not addictive but are dangerous at high doses.



Elavil

Amitriptyline



Desyrl

Trazadon



Non Steroidal Anti-Inflammatory Drugs

These drugs act on your brain and help reduce the physical swelling and pain from an injury

The most common and proper use of these medications are for temporary pain relief of a physical injury.

These types of drugs are not addictive but may hurt your stomach or kidneys.



Aspirin



Ibuprofen

Advil



Naprosyn



Voltaren

Over the counter

Need a Doctor's prescription

Chronic Pain Drugs

These drugs act on your brain to help you with constant nerve pain.

The most common and proper use of these medications are to help manage physical pain that never goes away

Doctors will sometimes prescribe small amounts of these drugs to treat acute or severe pain.

While chronic pain drugs can treat chronic pain, Doctors can use other medications and other non-medical therapies for the first line of treatment.

Chronic pain cannot be cured.

Gabs are not addictive but can make you sleepy.



Neurontin

Gabapentin



Flexeril

Cyclobenzaprine