



Lt. Joel Vettel
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Prescription drug abuse is a public health epidemic



>16,500
Every year more than 16,500 people in the US die from prescription opioid-related drug overdose, more than from heroin and cocaine combined



4X
The more than 4-fold increase in opioid overdose deaths parallels the 4-fold increase in sales of these drugs over the past decade



>\$70B
The direct health care costs of prescription drug abuse exceeds \$70 billion a year

Source: 2013 National Prescription Drug Abuse Summit, Dr. Thomas Frieden, Director of the Centers for Disease Control and Prevention

Prescription Drug Abuse Victims



Alarming Trends

It is safer to abuse prescription drugs than illegal drugs






Fargo Police Narcotics Officers Take a Hefty Amount of Drugs off the Street



Brock Ferebee
20 years old

Drugs and cash seized:

- *841 grams of marijuana
- *131 grams of hashish
- *69 grams of cocaine
- *30 grams of mushrooms
- *22 hits of LSD
- *22 methyphenidate
- *277 schedule II, III, IV pills
- *\$14, 723 in cash

Charges:

- *Possession of cocaine with intent to deliver within 1,000 feet of a school
- *Possession of hallucinogens with intent to deliver within 1,000 feet of a school
- *Possession of controlled substance with intent to deliver within 1,000 feet of a school
- *Delivery of cocaine with 1,000 feet of a school
- *Possession of marijuana with intent to deliver with 1,000 feet of a school
- *Possession of schedule II, III, IV substance
- *Possession of drug paraphernalia

Arrest was 5/12/2014

2013 Monitoring the Future Survey

PRESCRIPTION / OVER-THE-COUNTER VS. ILLICIT DRUGS*

Drug	Percentage
Adderall	7.4%
Vicodin	5.3%
Gold Medicines	5.0%
Tranquilizers	4.6%
OxyContin	3.6%
Ritalin	2.3%
Marijuana	66.4%
K2/Spice	7.9%
MDMA/Ecstasy	4.0%
Salvia	3.4%
Powder Cocaine	2.6%

*The percentage of 12th graders who have used these drugs in the past year.

After marijuana, prescription and over-the-counter medications account for most of the top drugs abused by 12th graders in the past year.

NIH National Institute on Drug Abuse

The National Institute on Drug Abuse is a component of the National Institutes of Health, U.S. Department of Health and Human Services. NIDA supports most of the world's research on the health aspects of drug abuse and addiction. Find details on the health effects of drugs of abuse and information on NIDA research and other activities can be found at www.drugabuse.gov.

Specific Prescription Medications of Abuse



- Opioids
- Dextromethorphan
- Stimulants
- Benzodiazepines



Source: 2013 National Rx Drug Abuse Summit

Drugs of Abuse: Dextromethorphan

- What is Dextromethorphan?
 - Cough medicine found in OTC cough and cold medications
 - Coricidin Cough and Cold ®
 - Cheracol Plus Cough Syrup ®
 - Robitussin Cough ®
 - And many, many more
- Often the ingredients in the syrups are just as dangerous in high quantities
 - Acetaminophen – liver problems
 - Ibuprofen or aspirin – stomach and bleeding problems
 - Chlorpheniramine – vomiting, passing out
 - And many, many more

Source: 2013 National Rx Drug Abuse Summit

Drugs of Abuse: Opioids

- What are Opioids?
 - A class of narcotic pain killers such as:
 - OxyContin® (oxycodone)
 - Percocet® (oxycodone and acetaminophen)
 - Duragesic® patch (fentanyl)
 - Vicodin® (hydrocodone and acetaminophen)
 - Codeine
 - » Codeine cough syrup can be purchased from a pharmacist without a prescription

Source: 2013 National Rx Drug Abuse Summit

Drugs of Abuse: Dextromethorphan



- Effects of dextromethorphan at high doses
 - Hallucinations, slowed breathing, excitement, vomiting
- Dextromethorphan taken with other drugs can cause dangerous interactions
 - Antidepressant medications
 - Opiates
 - Depressants (including alcohol)

Source: 2013 National Rx Drug Abuse Summit

Drugs of Abuse: Opioids



- Effects of opioids in healthy people
 - Euphoria, slowed (or stopped) breathing, vomiting, confusion, sedation, unconsciousness, coma
- Opioids taken with other drugs can cause dangerous interactions
 - Alcohol
 - Depressants such as sleeping pills, antihistamines, benzodiazepines
 - Some antidepressants

Source: 2013 National Rx Drug Abuse Summit



Atlanta Rapper Lil Jon with his Purple Drank

Purple Drank



Demand for the syrup has sent its price soaring on the street. Syrup that typically costs \$12 per pint is sold to street dealers for \$100 per pint. Dealers sell it by the ounce for \$40-\$60.



Sprite, Jolly Ranchers, and Codeine

Drugs of Abuse: Stimulants

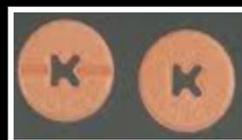
- What are stimulants?
 - Typically prescribed for ADHD or narcolepsy
 - Adderall® (amphetamine/dextroamphetamine)
 - Concerta® (methylphenidate)
 - Ritalin® (methylphenidate)
- Used recreationally or as a study tool for students

Drugs of Abuse: Benzodiazepines



Effects of benzodiazepines in healthy people

- Slowed breathing, muscle weakness, sedation, low blood pressure



Benzodiazepines taken with other drugs can cause dangerous interactions

- Alcohol
- Other depressants

Source: 2013 National Rx Drug Abuse Summit

Drugs of Abuse: Stimulants



Effects of stimulants in healthy people

- Visual changes, overstimulation, seizures, high blood pressure (which can lead to stroke, heart attack and death)
- Lack of sleep and weightloss



Stimulants taken with other drugs can cause dangerous interactions

- Especially antidepressants

Source: 2013 National Rx Drug Abuse Summit

The New Face of Heroin Addiction



Drugs of Abuse: Benzodiazepines

- What are Benzodiazepines?
 - Benzodiazepines are used to treat anxiety, insomnia, muscle spasms and seizures
 - Valium® (diazepam)
 - Xanax® (alprazolam)
 - Klonopin® (clonazepam)
 - Rohypnol® (flunitrazepam)

Source: 2013 National Rx Drug Abuse Summit

Joshua Nelson Story Deceased 22 years old





Effects on the User

- Rush of pleasure
- Feel no pain
- Lethargic
- Slurred speech
- Sweating
- Vomiting
- Drop in body temperature
- Loss of appetite
- Mood swings
- No response of pupils to light
- Bad withdrawal symptoms
- Highly addictive
- Higher rate of overdose

A 43-year-old man with a history of substantial heroin use presented to the hospital with slurred speech, diplopia, and dysphagia.

Drugs of Abuse: Heroin

- What is Heroin?
 - Heroin is a synthetic opiate drug that is highly addictive. Heroin is processed from morphine, a naturally occurring substance extracted from the seed pod of certain varieties of poppy plants. It is illegal.
 - Heroin comes in various forms, but pure heroin is a white powder with a bitter taste. Different colored heroin is the result of impurities left from the manufacturing process.
 - “Black tar” is another form of heroin that resembles roofing tar or is hard like coal.

Source: 2013 National Rx Drug Abuse Summit

Work Place Violence

- Dealing with Aggressive People

Drugs of Abuse: Heroin

- Effects of heroin in *healthy people*
 - *Euphoria*, slowed (or stopped) breathing, vomiting, confusion, sedation, unconsciousness, coma

Source: 2013 National Rx Drug Abuse Summit

Who Commits Violence At Work?

- Anyone is capable of violence!!!
- Look for statistical traits that are common of people who commit violence
- Warning signs often appear but go unnoticed.

How To Prevent Violence In The Workplace

- Learn and follow safety and security procedures
- Learn how, and who you should report emergencies
- Learn how to use warning codes and signals to alert others of danger
- Learn how to reach safety quickly from any area of your workplace
- Report any suspicious persons or security violations to police immediately

The Ground Rules

- Establish common ground
 - We tend not to hurt those we think are similar to ourselves.
- Don't shame the aggressor
 - Pride is a powerful motivator.
- Don't shame yourself
 - Don't portray yourself as not deserving respect.

What Are Some Verbal Warning Signs of Aggression?

- Use angry or threatening tone of voice
- Making verbal threats
- Making unreasonable demands
- Talking irrationally or not making sense
- Cursing, shouting, or screaming
- Defiantly challenging rules or authority
- Making lewd, sexual, or degrading comments.

Ground Rules continued:

- Flexible path to a destination
 - High levels of stress can cause tunnel vision.
 - Choose a goal early on in the aggressive stage.
- Listen to your intuition
 - What is gut feeling.
 - Conscious and subconscious minds.

What Are Some Physical Warning Signs of Aggression?

- Angry looks or staring
- Clenching of jaw or fists
- "Grooming" Behavior
- Tightly gripping objects
- Nervously pacing or restlessness
- Slurred speech, stumbling, or other signs they are under the influence of alcohol
- Violent gestures such as beating, pounding, or breaking objects.

De-Escalation Techniques

- Sympathy vs. Empathy
 - Sympathy implies pity and over involvement
 - Empathy implies objectivity and understanding
- Offer choices not blame
- Set Limits "I can not help you if you do not calm down."
- Apologize if appropriate

De-escalation – Active Listening

- This is the first active listening skill to be used in any incident involving an aggressive person.
- Intent of labeling is to respond to the emotions heard in the subjects voice rather than the content.
- Shows you are really listening to what the person is emotionally experiencing.
- Example: “you sound frustrated” or “I hear anger in your voice”.

Suspect a Problem?

- Numerous different people coming and going with short term visits at all times of the day and night
- Strange odors-chemical or marijuana
- Occupants display paranoia or odd behavior
- Occupants unemployed, yet seem to have plenty of money (and pay rent in cash!)
- Occupants are secretive about activities
- Security cameras
- Windows blackened or curtains always drawn
- Unusual construction



Personal Safety Techniques

- Keep your distance
- Utilize barriers
- Have an escape route
- Command and Professional Presence
- Try to get other people out of harms way
- If the person has a weapon do not try to disarm them
- Your last resort is to use physical force.



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Thank you for coming!



Suspect a Problem?



- The majority of the tips we receive are from concerned citizens like YOU!
- If you don't call, we may not know about the people you suspect

