

March 2018

Royal Throne



Drug overdoses are now the leading cause of accidental death in the United States, causing even more deaths than automobile accidents!

Of the drug overdose deaths, more than 60% involved opioids, including opioid pain relievers and heroin.



Opioids are a class of drugs used to reduce pain.

The main reason there is a spike in opioid abuse and overdose is the greater availability of prescription pain relievers.

Solutions to the epidemic:

Education

Prevention

Intervention

Treatment

Proper Medicine Disposal Step-by-Step



1. Do Not Dispose in Toilet or Sink



2. Expired or unused medications



3. Mix with kitty litter, coffee grounds, or dirt



4. Throw in the trash



5. Scratch out identifying information and dispose

If you want additional local information on opioids or the prevention and treatment of opioid use disorders, contact New Opportunities' Prevention Department or Behavioral Health Department:

1-800-642-6330

If you are struggling with the use of drugs, are worried about a friend or loved one, or would like emotional support, please contact **Your Life Iowa** — available 24/7.

Your call/text/chat is confidential & free!

Visit <https://yourlifeiowa.org/drugs> and click on **Live Chat**, call (855) 581-8111, or text (855) 895-8398.

A Tip from the Financial Literacy Coordinator: Create passwords that mix letters, numbers, and special characters. Never use the same password for more than one account.



"It is never too late to be what you might have been." - T.S. Eliot