

**U.S. Conference of Mayors
Prescription Drug Abuse Awareness Campaign
Resource List**

City and town governments are a valuable source of information for their citizens. This document contains information to assist Mayors and their staff in helping to educate others about resources available to address various aspects of prescription drug abuse.

Tips for Parents

The Partnership at Drugfree.org is a nonprofit organization that unites parents, scientists and communications professionals to help families raise healthy children. The Partnership offers interactive tools that translate the latest science and research on teen behavior, addiction and treatment into easy to understand resources.

- The Partnership's **Parent Resource Center** provides information and tools to help parents better understand teen drug abuse and how to talk to their children.
 - **Time to Talk** is an online resource for parents to learn about how to address drug abuse with their children.
 - **Time to Act** offers guides and tips on what parents can do if they suspect or know that their child is abusing drugs.
 - **Time to Get Help** offers advice and support for parents who are looking for substance abuse treatment services for their child.

For more information, visit the Partnerships web site at www.drugfree.org

The White House Office of National Drug Control Policy's National Youth Anti-Drug Media Campaign offers a web site called **Parents: The Anti-Drug** (www.theantidrug.com). The web site offers information and resources for parents on prescription drug abuse. The site provides information about the types of prescription medications that teens are abusing and offers tips, guides, and expert advice to keep teens safe and drug-free.

The National Council on Patient Information and Education (www.talkaboutrx.org) which offers an array of information about safe medicine use, including:

- [*Maximizing Your Role as a Teen Influencer: What You Can Do to Help Prevent Teen Prescription Drug Abuse*](#)

Safe Storage and Disposal

The safe storage and proper disposal of medications is an important part of curbing the diversion and abuse of prescription drugs and can help protect the environment by keeping pharmaceutical ingredients out of the water supply. In many communities, drug take back programs are becoming increasingly popular; however, federal agencies have indicated that certain medications should be flushed down the toilet.

The U.S. Food and Drug Administration, has issued guidance to consumers about how to dispose of unused medications, and maintains a list of medications that should be flushed.

<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/default.htm>

The U.S. Conference of Mayors recognizes the guidance by the FDA as the best approach under the current state-of-knowledge on the subject of pharmaceutical disposal. As new direction or policy becomes available, the organization may reconsider its position.

Helping Communities Combat Substance Abuse

Many communities have existing anti-drug coalitions and groups that are dedicated to preventing and reducing substance abuse. The Community Anti-Drug Coalitions of America (CADCA, www.CADCA.org) is a national non-profit organization representing more than 5,000 anti-drug community groups across the country. CADCA seeks to strengthen the capacity of local anti-drug groups so that they can more effectively and sustainably reduce substance abuse in their communities.

Getting Substance Abuse Treatment Services:

Many people don't know where to turn when seeking substance abuse treatment services.

The Partnership at Drugfree.org (formerly the Partnership for a Drug-Free America) has launched **Time to Get Help**, an online resource for parents who are seeking substance abuse treatment for their child. Visit <http://timetogethelp.drugfree.org>. The Partnership also has a **toll-free Helpline** (1-855-DRUG-FREE, 855-378-4373) for parents who are seeking information and support about getting substance abuse treatment for their child.

The Substance Abuse and Mental Health Services Administration (SAMSHA), part of the Department of Health and Human Services, provides programs, resources and financial support for the prevention and treatment of alcohol and substance abuse. SAMSHA's Center for Substance Abuse Treatment offers a toll free number (800-662-HELP or 800-662-4357) and an online resource, the **Substance Abuse Treatment Facility Locator** (www.samhsa.gov/treatment) to help families and individuals struggling with substance abuse find treatment programs in their communities.

Another source of information on treatment services may be your state's department of health.