

Out of Reach Tools to Take Action

Introduction

Thank you for your interest in using this special *Out of Reach* toolkit to help spread the word about the issue of teen medicine abuse. Below are some tips to help you share the film with friends, family, community members and others.

What is *Out of Reach*?

Out of Reach is a short (25-minute) documentary created by a teen filmmaker that captures the issue of prescription drug abuse through the eyes of a teen. Cyrus Stowe, a 17-year-old high school student, addresses a personal connection to medicine abuse and interviews friends, classmates and others about medicine abuse and what it looks like in their world. The topics contained in the film are a reflection of this issue across the country. It was created in collaboration with mentor and director Tucker Capps (of A&E's "Intervention") and the Partnership to End Addiction Medicine Abuse Project. The film premiered at the 18th annual Genart Film Festival.

How can I use *Out of Reach* to educate others about medicine abuse?

The *Out of Reach* documentary and this toolkit are designed to help you spread the word about medicine abuse to your friends and family, in your communities and schools and to anyone who has an interest in learning more. You can become an *Out of Reach* event host by screening the film and using this toolkit to help you talk about the themes in the film and the issue of medicine abuse in general.

The *Out of Reach* toolkit is designed for easy use by anyone, in any setting. This can include somewhere as informal and small as your own living room, all the way up to a large local theater or auditorium. You can show the film in a casual setting to friends and family, or host a larger, more formal screening with event panelists and a moderated discussion. Those interested in hosting a larger screening and need assistance finding panelists can reach out to us contact@toendaddiction.org.

The Partnership to End Addiction can provide technical assistance identifying some of our [Medicine Abuse Project partners](#) as panelists for your event, including:

- A local school nurse
- A local health professional (Emergency Room doctor, dentist, etc.)
- Local law enforcement
- A CVS pharmacist

What's included in this toolkit?

- A discussion guide to help you have a productive discussion about the film
- Three “Taking Action” documents to help you discuss the issue of medicine abuse, including prevention tips
- A press release and media advisory that you can localize to help promote your screening (see next section for tips)
- Digital copies (PDF and JPG formats) of the *Out of Reach* movie poster
- Suggested social media posts to help you promote your event (found at the end of this document)

How can I inform people about/invite people to my *Out of Reach* event?

Included in this kit are a press release and media advisory that you can localize and send out for your event. Also included is a movie poster that you can make copies of or send digitally. You may consider creating a “save the date” and/or an invitation to email to potential guests.

Some other tips:

- If you're hosting a large screening, consider setting an RSVP date. Determine if this should be a few days or a few weeks before your event in order to best prepare.
- Remember to use social media (Facebook, Twitter and others) as a method of promoting your screening. Some suggested Facebook and Twitter posts can be found below.
- Email your screening date and information to contact@toendaddiction.org, and Partnership to End Addiction will list your event on its Medicine Abuse Project website.
- We encourage you to email photos from your events to contact@toendaddiction.org so that Partnership to End Addiction can track the events and showcase your commitment to #endmedicineabuse with our national audience.

How do I talk about my “*Out of Reach*” event on social media?

If you're looking to invite people other than your close friends or family, we encourage you to use Facebook, Twitter and other social networks to promote your event to a wider audience. Here are some suggested posts:

For Facebook:

- You're invited to join us on (DATE) at (LOCATION) for a special screening of “*Out of Reach*,” a short documentary created by a teen filmmaker that captures the issue of teen prescription drug abuse through the eyes of teens. The screening will be followed by a special Q&A to discuss the issue of medicine abuse. For more information, (INSERT INSTRUCTIONS HERE)
- Teen medicine abuse is an epidemic. Join me on (DATE) at (LOCATION) for a special screening of “*Out of Reach*,” a short documentary created by a student filmmaker that addresses the issue of medicine abuse. For more information, (INSERT INSTRUCTIONS HERE).
- You can help end medicine abuse; join us at a special screening of the short, teen-made documentary *Out of Reach* on (DATE) at (LOCATION). The film addresses teen prescription drug abuse and the screening will be followed by a brief Q&A about the issue of medicine abuse. Learn more by (INSERT INSTRUCTIONS HERE).

For Twitter:

- You can help end medicine abuse. Join us on (DATE) for a special screening of *Out of Reach* (INSERT LINK FOR MORE INFO)
- Help end medicine abuse. Join us for a special film and Q&A; learn more (INSERT LINK FOR MORE INFO)
- *Out of Reach* is a special teen-made film about medicine abuse. Join us for a special screening and help #endmedicineabuse (INSERT LINK FOR MORE INFO)

For more information or tips on how to host a successful *Out of Reach* screening event, email Partnership to End Addiction at contact@toendaddiction.org.

Out of Reach Tools to Take Action

Action 1: Three Steps to Safeguard Your Home

Make sure the teens in your life don't have access to your medicine. Find out how to monitor, secure and properly dispose of unused and expired prescription (Rx) and over-the-counter (OTC) cough medicine in your home, and learn more at drugfree.org.

Step 1: Monitor

How aware are you of the quantities that are currently in your home?

- Start by taking note of how many pills are in each of your prescription bottles or pill packets and keep track of your refills.
- If your teen has been prescribed a medicine, be sure you control the medicine, and monitor dosages and refills.
- Make sure your friends and relatives — especially grandparents — are also aware of the risks. Encourage them to regularly monitor their own medicines.

Step 2: Secure

- Take prescription medicine out of the medicine cabinet and secure them in a place only you know about.
- If possible, keep all medicines, both prescription and over-the-counter, in a safe place, such as a locked cabinet your teen cannot access. A good tip would be to safeguard these drugs the same way you would cash or expensive jewelry in your home.
- Tell relatives, especially grandparents, to lock up their medicine or keep them in a safe place.

Step 3: Dispose

- Take an inventory of all of the medicine in your home. Start by discarding expired or unused Rx and OTC medicine when your teens are not home.
- Teenagers will retrieve discarded prescriptions from the trash. To help prevent this from happening, mix the medicine with an undesirable substance, such as used coffee grounds or kitty litter, or place them in a specially-designed drug neutralizing bag before throwing them in the trash. Do not flush medicine down the toilet or sink drain.
- To help prevent unauthorized refills and protect your family's privacy, remove any personal, identifiable information from prescription bottles or pill packages before you throw them away.
- Learn more about safeguarding and disposing of medicine and find a medicine take-back location near you by visiting drugfree.org.

Learn more at drugfree.org

Out of Reach Tools to Take Action

Action 2: Know the Signs and Symptoms of Medicine Abuse

The best way to prevent prescription drug abuse is to learn about the issue.

Recognize the signs of prescription drug abuse:

- ✓ Fatigue, red or glazed eyes, repeated health complaints
- ✓ Sudden mood changes, including irritability, negative attitude, personality changes and general lack of interest in hobbies/activities
- ✓ Secretiveness and withdrawing from family
- ✓ Decreased or obsessive interest in school work
- ✓ Missing prescription medicines from your medicine cabinet
- ✓ Additional filled prescriptions on your pharmacy record that you did not order

The signs and symptoms of prescription medicine abuse depend on the particular drug. Because of their mind-altering properties, the most commonly abused prescription drugs are opioid painkillers, anti-anxiety medications/sedatives and stimulants.

Pain Reliever Abuse (Opioid painkillers- used to treat pain)	Depressant Abuse (Anti-anxiety medication and sedatives)	Stimulant Abuse (Used to treat ADHD and certain sleep disorders)
Depression Low blood pressure Decreased breathing rate Confusion Sweating Constricted pupils	Drowsiness Confusion Poor judgment Dizziness Slurred speech Respiratory depression	Weight loss Agitation Irritability Insomnia High blood pressure, Irregular heartbeat Anxiety, Impulsive behavior

When to see a doctor: Talk to your doctor if you think you or someone you know may have a problem with prescription drug use. You may feel embarrassed to talk to your doctor about it — but remember that medical professionals are trained to help you, not judge you. Identifying prescription drug abuse as soon as possible is important. It's easier to tackle the problem early before it becomes an addiction and leads to more serious problems.

Feeling overwhelmed with your child's drug problem?

Call our Helpline 1-855-DRUGFREE (1-855-378-4373)

Out of Reach Tools to Take Action

Action 3: Talk to Your Family, Friends and Other Parents

It is important to talk to your kids about the risks of abusing prescription drugs and over-the-counter cough medicine. Children who learn a lot about the risks of drugs from their parents are **up to 50 percent less likely to use drugs** than those who do not get this information at home.

Practical Advice for Parents:

As a parent, teach your teen to:

- ✓ Respect the power of medicine and use it properly.
- ✓ Recognize that all medicines, including prescription medications, have risks.
- ✓ Take responsibility for learning how to take prescription medicines safely and appropriately, and seek help at the first sign of a problem for their own or a friend's abuse.

Share What You Know:

If you're a parent, share information with family, friends and neighbors. If you're a doctor or other health care provider, share educational materials with your patients. If you're a community leader or law enforcement official, share information with the people in your community. If you're a teacher, school nurse or administrator, share information with the parents and students in your school.

If you are a parent you should:

- Learn how to say it- Conversations are the most powerful tools parents can use to connect with and protect their kids from the dangers of drugs and alcohol.
- Learn what to say about the dangers of street drugs and alcohol; it's also essential to address the abuse of prescription and over-the-counter cough medicine.
- Learn how to answer the question, "Did you do drugs?" It isn't about your past; it's about your child's future.
- Learn how to teach your kids to turn down drugs- there's no way you can shield your kids from finding out that street drugs, alcohol and tobacco exist- but you can help your child reject offers to try them.

For more information about talking to your kids and loved ones about drug and alcohol abuse, visit drugfree.org.
