

HAC

HEALING ADDICTION  
IN OUR COMMUNITY



# Opiate Abuse Among Teenage Athletes. What You Need to Know

- Non-profit 501c3 since 2010
- Comprised of over 60 volunteers
- Dedicated to providing education and awareness about substance abuse issues in NM
- Help people find access to resources



# SERENITY MESA

- Sober living/treatment center for young people age 14-21 (boys only at this time)
- Provide wrap around services (post-detox)
- Services include long-term sober living, individual, group and family therapy, life skills, job placement, workforce training, education (high school & college), & case management.

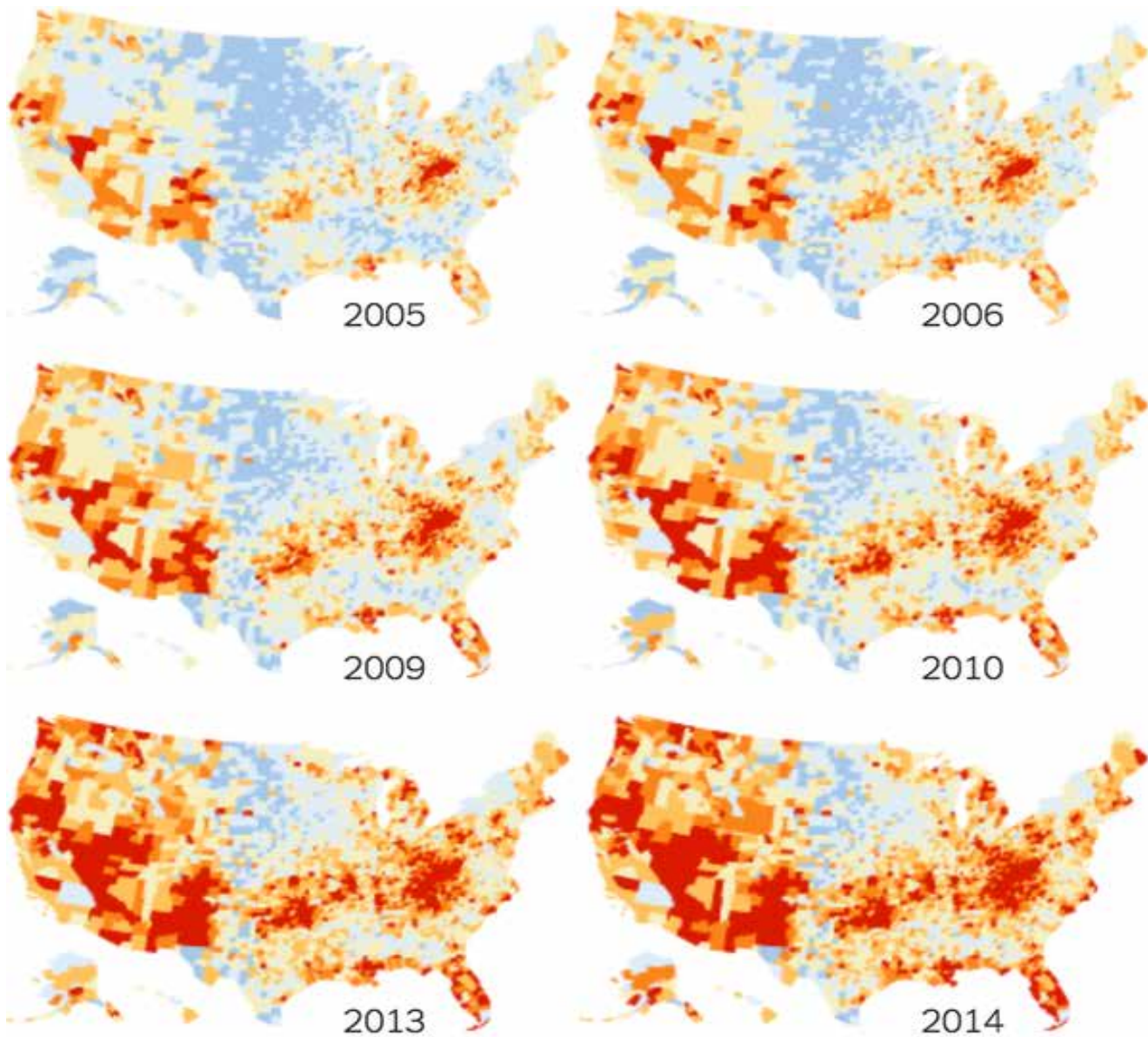


- ü Land of Enchantment
- ü Population 2,086,000
- ü Biggest City is Albuquerque. Population: 677,970
- ü We are NOT part of Mexico. We are part of the U.S. Yes, we have running water.
- ü We are home to the largest international hot air balloon fiesta.
- ü Red, green or Christmas" at every Mexican food restaurant you venture into.
- ü We are the home of the NM Lobos and UFC Fighter Holly Holm.



# NM has the 2<sup>nd</sup> highest drug-induced death rate in the nation

1. West Virginia - 35.5 deaths per 100,000
2. New Mexico - 27.3 deaths per 100,000
3. New Hampshire - 26.2 deaths per 100,000
4. Kentucky - 24.7 deaths per 100,000



Drug Overdose Deaths (in red) (courtesy: New York Times)



# Opiate Pain Killers

- Demerol
- Vicodin
- Hydrocodone
- Percocet
- Morphine
- Codeine
- OxyCodone
- OxyContin
- Heroin



product of the  
ed from it, such as  
called **opiates**. Opi  
ey provide pain  
ich may incl





- Drug overdose is the leading cause of accidental death in the U.S.
- Opioids (painkiller and heroin) are the leading cause of overdoses.
- Health care providers wrote 259 million prescriptions for painkillers in 2012, enough for every American adult to have a bottle of pills.
- The number of prescriptions for pain killers tripled from 1991 to 2013 and the number continues to grow.
- Since 2000, drug overdoses have increased 137%, including a 200% increase in overdose deaths involving pain killers and heroin.

# How does this affect Athletes??

- America is faced with a new dilemma... heroin addicts that do not fit the stereotypical profile of what a heroin addict should look like.
- Young athletes face enormous pressure to manage their pain and play through injuries. Competition is fierce and doctors are willing to prescribe pain killers so they can continue playing.
- Many doctors aren't informed about the drugs they're dispensing and/or they aren't communicating the potential risks to families.
- The line between use, misuse, abuse, and addiction is incredibly thin

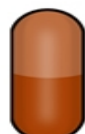




# PILLS: Take them for everything!



tired



achy



sad



fat



bored



pukey



stupid



old



poor



uptight



smelly



addicted to pills

**WebMD: Abuse of Rx Painkillers in High School Athletes  
Teen football players use the most illegal drugs, research shows**

**NY Daily News: Former players sue NFL, claim league illegally  
gave painkillers to mask injuries, which led to addiction**

**Sports Illustrated: How painkillers are turning  
young athletes into heroin addicts**

**ESPN: Painkillers, NFL's other big problem**

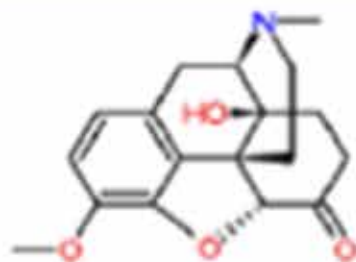
ESPN: Painkiller misuse numbs NFL pain

USA Today: When painkilling becomes an  
addiction for young athletes

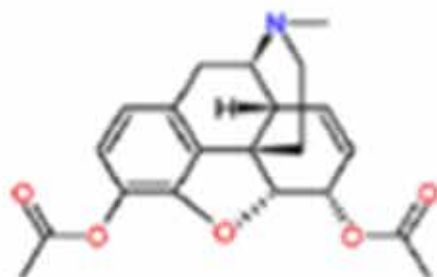
Washington Post: Two former NFL players  
describe prescription drug practices

**Sports Network: Pain Killers, Athletes and Addiction**

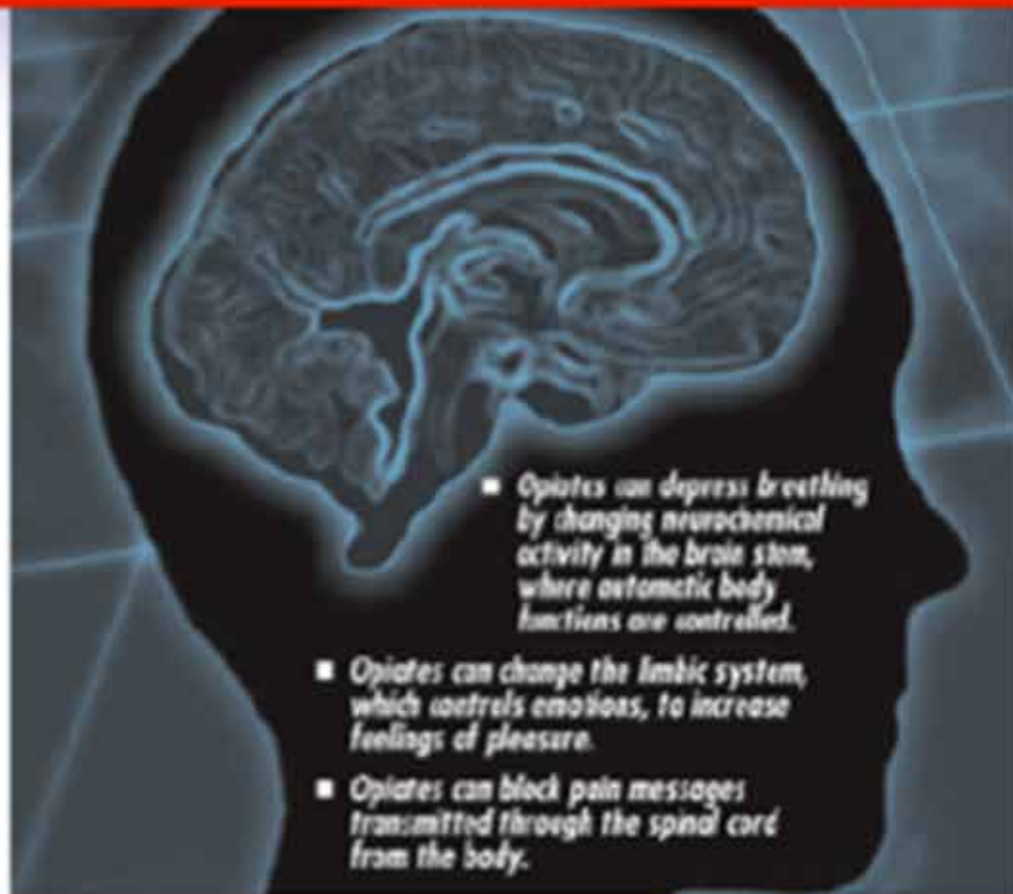
# Similarities Between Illicit & Prescription Drugs



OXYCONTIN (OXYCODONE)



HEROIN



- Opiates can depress breathing by changing neurochemical activity in the brain stem, where automatic body functions are controlled.
- Opiates can change the limbic system, which controls emotions, to increase feelings of pleasure.
- Opiates can block pain messages transmitted through the spinal cord from the body.