

Prescription Drugs

A Helpful Guide for Athletic Trainers, Teachers, Coaches & Parents

According to the National Institute on Drug Abuse, the 3 classes of prescription drugs that are often abused include:
Central Nervous System (CNS Depressants), Opioids, and Stimulants

Drug Class	RX Drugs	Common Reasons for Prescription	Symptoms & Side Effects of Misuse & Abuse	Long-Term Effects Associated with Abuse	Common Street Names
CNS Depressants	Benzodiazepines (Valium, Xanax, Ativan, Klonopin)	To help treat anxiety, acute stress reactions, and panic attacks.	<ul style="list-style-type: none"> ★ Drowsiness/sleepiness/dizziness ★ Lowered blood pressure ★ Disorientation & confusion 	<ul style="list-style-type: none"> ★ Difficulty breathing ★ Memory impairment ★ Depression 	<ul style="list-style-type: none"> ★ Candy ★ Downers ★ Tranks
	Barbiturates (Amytal, Nembutal, Luminal, Seconal, etc.)	Used for anesthesia, to help treat seizures and occasionally sleep and anxiety disorders.	<ul style="list-style-type: none"> ★ Unsteady walking ★ Slurred speech & dilated pupils ★ Poor coordination ★ Slowed reflexes & brain function ★ Visual disturbances ★ Problems with memory ★ Slowed breathing & pulse 	<ul style="list-style-type: none"> ★ Chronic fatigue ★ Convulsions ★ Physical dependence ★ Serious accidents & injuries ★ Overdose ★ Coma ★ Death 	<ul style="list-style-type: none"> ★ Barbs ★ Yellows ★ Yellow Jackets ★ Reds ★ Red Birds ★ Tooies
Opioids/ Opiates	Morphine	To help treat and manage moderate, severe, and chronic pain. <i>Chronic pain classified as: Pain conditions that last 3+ months or past the time of normal tissue healing.</i>	★ Constipation	<ul style="list-style-type: none"> ★ Difficulty breathing ★ Chronic muscle and bone pain ★ Physical dependence ★ Irreversible damage to brain ★ Risk of heroin use ★ Decreased pain tolerance over time ★ Irreversible damage to neurological functioning ★ Depression, anxiety & agitation ★ Overdose ★ Coma ★ Death 	<ul style="list-style-type: none"> ★ Captian Cody ★ China Girl ★ Hillbilly Heroin ★ Oxy 80's ★ Percs ★ Demmies ★ Pancakes & Syrup ★ White Stuff ★ Pain Killer ★ Goodfella ★ TNT ★ Jackpot
	Codeine		★ Nausea		
	Fentanyl		★ Vomiting		
	Hydrocodone with Acetaminophen (Lorcet, Lortab, Norco, Vicodin, etc.)		★ Diarrhea		
	Hydrocodone		★ Cold flashes & goose bumps		
	Meperidine (Demerol)		★ Feeling "high" (euphoria)		
	Methadone		★ Slowed breathing		
	Oxycodone (OxyContin)		★ Drowsiness		
	Oxycodone with Acetaminophen (Percocet)		★ Confusion		
Oxycodone with Naloxone	★ Poor coordination				
	★ Increased pain tolerance				
	★ Sleep deprivation or "nodding"				
	★ Pinpoint/constricted pupils, watery or droop eyes				
	★ Slowed, slurred speech				
	★ Dry skin, itching, skin infections				
	★ Constant flu-like symptoms				

Information gathered from: The National Institute on Drug Abuse, Mayo Clinic, & Drug Free World, 2016



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Stimulants	Amphetamines & Dextroamphetamine (Adderall)	To help treat Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Depression, Narcolepsy, and various other disorders.	<ul style="list-style-type: none"> ★ Reduced appetite or sudden & unexplained weight loss ★ Nausea ★ Hyperactivity ★ Shaking ★ Sweating ★ Dilated Pupils ★ Agitation ★ High body temperature ★ Insomnia ★ High blood pressure ★ Faster or irregular heart beat ★ Anxiety ★ Hallucinations ★ Paranoia/nervousness ★ Panic & psychosis ★ Repetitive behaviors ★ Convulsions & seizures 	<ul style="list-style-type: none"> ★ Permanent damage to blood vessels of heart and brain ★ High blood pressure leading to heart attacks & strokes ★ Dangerously high body temperature ★ Liver, kidney, & lung damage ★ Destruction of tissues in nose if sniffed ★ Infectious diseases and abscesses if injected ★ Malnutrition ★ Permanent psychosis ★ Depression ★ Irreversible damage to brain ★ Physical dependence ★ Overdose ★ Death 	<ul style="list-style-type: none"> ★ Uppers ★ Vitamin R ★ Skippy ★ Kibbles & Bits ★ Speed ★ Truck Drivers ★ Beenies ★ Black Beauties ★ Crosses ★ Hearts
	Methylphenidate (Concerta, Daytrana, Methylin, Ritalin)				
	Dextroamphetamine (Dexedrine, Dextostat, ProCentra)				

Local & National Resources

If you suspect a teen is abusing prescription drugs, there is help.

Jackson County Resources

ADAM Drug Testing

312 S. Jackson St.

(517) 787-5571

Henry Ford Allegiance 24/7
Crisis & Referral Access Helpline

800-531-3728

**Henry Ford Allegiance Health
Addiction Recovery Center**

2424 W. Washington Ave.

(517) 782-4001

Henry Ford Allegiance Health
Substance Abuse Services

100 E. Michigan Ave.

(517) 783-2732

**Henry Ford Allegiance Health
Behavioral Health Services**

205 North East Ave.

(517) 787-7920

Family Services & Children's Aid

330 W. Michigan Ave.

(517) 787-7920

National Resources

Substance Abuse & Mental Health
Services Administration

<https://findtreatment.samhsa.gov/>
www.samhsa.gov/treatment

SAMHSA's National Helpline

800-662-HELP (800-662-4357)

Centers for Substance Abuse
Treatment (CSAT)

240-276-2750
www.csat.samhsa.gov

**Substance Abuse Treatment Facility
Locator**

240-276-2548

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**MOST
TEENS DON'T**

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