

## What to tell your child about prescription medications.

- Pharmaceuticals taken without a prescription or a doctor's supervision can be just as dangerous as taking illegal drugs or alcohol.
- Abusing painkillers is like abusing heroin because their ingredients are very similar (both are opioids).
- Prescription medications are powerful substances. While sick people taking medication under a doctor's care can benefit enormously, prescription medication can have a very different impact on a healthy person.
- Many pills look similar to each other and can even look exactly alike, but depending on the drug and the dosage, the effects can vary greatly from mild to deadly.
- Prescription medications, as all drugs, can cause dangerous interactions with other drugs or chemicals in the body.

### Resources:

talksooner.org  
theantidrug.com  
timetotalk.org  
streetdrugs.org  
doseofprevention.org  
drugfree.org  
freevibe.com  
casacolumbia.org  
preventionnetwork.org  
drugabuse.gov



### For local help contact:

**Allegan County Community Mental Health:**  
3285 122nd Ave., Allegan 49010  
[www.alleganmeth.com/substanceabuse](http://www.alleganmeth.com/substanceabuse)  
269-673-6617

**Ottawa County Health Department:**  
12251 James St., Holland 49424  
[www.miottawa.org](http://www.miottawa.org)  
616-393-5776

**Pathways, MI:**  
412 Century Ln., Holland 49423  
[www.pathwaysmi.org](http://www.pathwaysmi.org)  
616-396-2301



**Prevent  
Prescription Drug Abuse**



## Prescription medication abuse by teens and young adults is a serious problem.

According to the  
2011 Ottawa County Youth Assessment Survey

- 1 in 10 students in Ottawa County report having tried prescription drugs only for the experience or the feeling it caused.
- 23% of those who tried prescription drugs did so before age 13.
- Where are youth getting prescription drugs? According to Ottawa County youth, the top 4 places are:
  1. From their home
  2. From a friend
  3. Buy from a friend
  4. Attend a party

**The Center for Disease Control states that enough painkillers were prescribed in 2010 to medicate every 17-year-old adult around the clock for a month.**

### Safeguard your home:

- Lock up medications.
- Talk to your kids and grandkids about the dangers of taking medications that aren't prescribed to them.
- Take an inventory of prescription drugs (Rx) and over the counter medications in your home. Pay attention to quantities.
- Learn the signs & symptoms of abuse.

## How to dispose of unused and expired medications

Ottawa County has a free Household Medications Waste Disposal program! There are 18 prescription drug drop box locations throughout Ottawa County.

- Put pills in plastic bags before dropping them off at a location.
  - Please keep in mind that transporting medication is illegal unless you have the proper containers (pill bottles).
- Liquids, gels and creams can stay in original packaging. Please black out identifying information.
- Conceal or remove any personal information, including Rx number, on the empty containers.
- Don't store unused medications after completing treatment. Disposing of them properly prevents abuse and maintains the quality of your medical care.

Check out [www.miottawa.org/health](http://www.miottawa.org/health) for more details.



## Prescription drug drop-box locations

Do you have unwanted, unused or expired medications that you don't know what to do with?

Bring them to one of these 18 locations:

### Holland:

Ottawa County Health Dept - 12251 James St.  
D&W - 50 Douglas Ave.  
Family Fare - 993 Butternut  
Family Fare - 1185 S. Washington

### Zeeland:

Family Fare - 9479 Riley St.

### Allendale:

Family Fare - 6370 Lake Michigan Dr.

### Coopersville:

Tasker Drug - 281 Main St.

### Grand Haven:

D&W Fresh Market - 1116 Robbins Rd.  
Ottawa County Health Department - 16920 Ferris St.  
\*\*\*Open M-W-F 8-12, 1-5  
Pfaff Pharmacy - 1125 Washington Ave.

### Hudsonville:

Ottawa County Health Department - 3100 Port Sheldon  
\*\*\*Open M-W-F 8-12, 1-5

### Law Enforcement locations accepting controlled substances:

Grand Haven Township - 13250 168th Ave. Grand Haven  
Hudsonville City - 3275 Central Blvd., Hudsonville  
Sheriff's Dept. - 12220 Fillmore, West Olive  
Coopersville City - 289 Danforth St., Coopersville  
Georgetown Township - 1515 Baldwin St., Jenison  
Zeeland City - 29 West Main St., Zeeland  
Holland Public Safety - 89 W. 8th St., Holland