

Northeast Ohio Adoption Services
Melissa Tharpe, Editor

February 2009 Edition

Recognizing Prescription and Over the Counter Drug Abuse

Teens are turning from illicit street drugs to prescription drugs and over the counter drugs to get high. Majority of teens choose to abuse these drugs because they believe these drugs are safe, legal, and easy to obtain. Others may begin abusing these drugs to cope with pressures at school, peer pressure to fit in or look a certain way, or to simply relax. Prescription and over the counter drug abuse is now second to marijuana in use by children 12-17. Girls are more likely to abuse prescription drugs than boys. The most commonly prescription abused drugs are OxyContin and Vicodin.

According to www.theantidrug.com, prescription drugs are classified in three categories: opioids, central nervous system (CNS), and stimulant and depressants.

- Opioids are prescribed to alleviate pain. Examples include oxycodone (OxyContin), propoxyphene (Darvon), hydrocodone (Vicodin), hydromorphone (Dilaudid) and meperidine (Demerol).
- CNS depressants slow normal brain function and are used to treat anxiety and sleep disorders. In higher doses, some CNS depressants can become general anesthetics. Tranquilizers and sedatives are examples of CNS depressants and include barbiturates (Amytal, Nembutal, Seconal, Phenobarbital), benzodiazepines (Valium, Xanax) and flunitrazepam (Rohypnol).
- Stimulants increase alertness, attention and energy, which are accompanied by increases in blood pressure, heart rate and respiration. Stimulants are prescribed to treat narcolepsy, attention-deficit hyperactivity disorder (ADHD) and depression that has not responded to other treatments. Examples of prescription stimulants include amphetamines (Biphedamine, Dexedrine), cocaine (Cocaine Hydrochloride), methamphetamine (Desoxyn) and methylphenidate (Ritalin).
- Dextromethorphan (DXM) is a cough suppressant found in many over-the-counter cough and cold remedies such as Robitussin, Vicks, and Coricidin HBP.

What To Look For

Opioids - drowsiness, inability to concentrate, apathy, lack of energy, pupil constriction, flushed face and/or

neck, constipation, nausea, vomiting, respiratory depression

Depressants- Physical side effects include dilated pupils and slurred speech; relaxed muscles; intoxication; loss of motor coordination; fatigue, respiratory depression; sensory alteration; and lowered blood pressure. Teens taking barbiturates may exhibit side effects such as slurred speech, dizziness, sedation, drowsiness, and fever. Psychological side effects include poor concentration or feelings of confusion; impaired judgment; and lowered inhibitions. Teens on barbiturates may experience depression, fatigue, confusion, and irritability

Stimulants- Physical side effects include dilated pupils; decreased appetite; loss of coordination; collapse; increased heart and respiratory rates; elevated blood pressure; dizziness; tremors; headache; flushed skin; chest pain with palpitations; excessive sweating; vomiting; and abdominal cramps. Psychological side effects include feelings of restlessness, anxiety, and delusions; hostility and aggression; and panic, suicidal, or homicidal tendencies. Paranoia, often accompanied by auditory and visual hallucinations, may also occur.

Dextromethorphan- impaired judgment and mental performance, loss of coordination, dizziness, nausea, hot flashes, dissociation, and hallucinations

What You Can Do

- Secure all prescription and over the counter drugs at home. Monitor access and quantities.
- Set clear guidelines about all drug use, including following medical or packing instructions and sharing medication.
- Lead by example and model taking proper dosages of prescription and over the counter drugs.
- Properly conceal and remove all old prescription and over the counter drugs from the home.
- Ask friends and family to secure their prescription and over the counter drugs as well.

For more information visit:
www.theantidrug.com
www.whitehousedrugpolicy.gov

Kristin Needs a Family

Kristin is fifteen. She is a very sociable, talkative ninth grade girl who likes nothing better than to keep up on all the latest news with her friends. She likes going to school, and learning all about the people around her. She has a carefree side, thinking up some practical jokes, getting a little dramatic just for the fun of it, or just goofing around with friends. She loves to keep in very close touch with people she cares about like favorite counselors, teachers, and mentors. She likes to telephone many of them often, sharing her innermost feelings, thoughts, and plans. When she has a goal, she is persistent until she reaches it.

Kristin loves pets, and easily gives a long list, headed by “a talking parrot, even though I’ve never had one,” as her favorites, followed by dogs, cats, fish, parakeets, hamsters. She wouldn’t mind a home with a single mom or both a mom and a dad—and pets—but she wouldn’t care whether they lived in the country or the city. Kristin does want a caring, loving, family.

Kristin likes to do crafts, play dodge ball, and to read. All the language arts are very important to this very communicative girl. Spelling is her favorite class in school, and she is expressive in art, too. She imagines maybe becoming a famous tattoo artist someday, if not a veterinarian—a prime occupation for an animal lover. No matter what career Kristin realistically prepares for someday, it will likely be some kind of “people” job—because she certainly is a “people person.” She admits she does have trouble staying awake in class sometimes—when she has stayed up too late on a school night—but she is trying to be a self starter in school, to bring up her grades to reflect the bright girl that she is.



Kristin likes sledding in winter and swimming in summer. She loves to go out shopping. She would love to stop at a restaurant for a shrimp dinner and ice cream for dessert. She also loves music. She can sing along very sweetly with Shania Twain. Country love songs are real for Kristin, she knows all the words by heart, and says, “I need a family with love and care, because if you don’t have love, you have sadness inside.”

Kristin needs a nurturing, open hearted family with lots of time to share and patience to give. Her enthusiasm for life can continue to bloom and grow if she can connect with the right family to give her structure, guide and inspire her. Is Kristin the daughter you have been watching and waiting for?

Get more information about adopting Kristin by calling Melanie Jones at 1-800-686-6627, ext. 125.

Faces of Adoption airs on the first Wednesday during the 6pm and 11pm broadcasts.



Faces of Adoption airs on the first Monday at 5pm on WKBN and again on the first Tuesday at 10pm on WYFX.



Did you miss a Faces of Adoption feature on your local station?

Visit noas.com and see our waiting children in action.

Trainings and Support

Monday, March 9, 2009

Self-Mutilating Behavior
David Zidar
6pm-9pm
Summit County CS
(330) 379-1996

Monday, March 30, 2009

Developmental Delays of Children in Foster Care
Cindy Wallis
6pm-9pm
Lake County DJFS
(440) 350-4000

Thursday, March 31, 2009

Independent Living Skills
Bert Nero
6 p.m.- 9 p.m.
Columbiana One Stop
(330) 420-9675

For more training information, visit:
http://www.ocwtp.com/foster_parent_training.htm

SUPPORTING FAMILIES IN NEED OF SERVICES BEFORE, DURING, AND AFTER AN ADOPTION



Adoption Support Group

An Invitation to All Foster and Adoptive Families

What I can expect from the group:

- People who will listen and offer helpful advice
- People who will not judge
- A place to just listen to others
- Connection with others who have similar experiences
- A place to find out about resources and current information

Group meets the 1st Thursday of every month at NOAS Warren Office
5000 E. Market St. Suite 26 Warren, OH from 7-8:30 p.m.

To register, phone Cynthia Wallis at 1-800-686-6627 x 147



Northeast Ohio
Adoption Services

Northeast Ohio Adoption Services
5000 E. Market Street
Warren, Ohio 44484

Phone: 1-800-686-6627 x147
Fax: 330-856-5586
E-mail: cwallis@noas.com



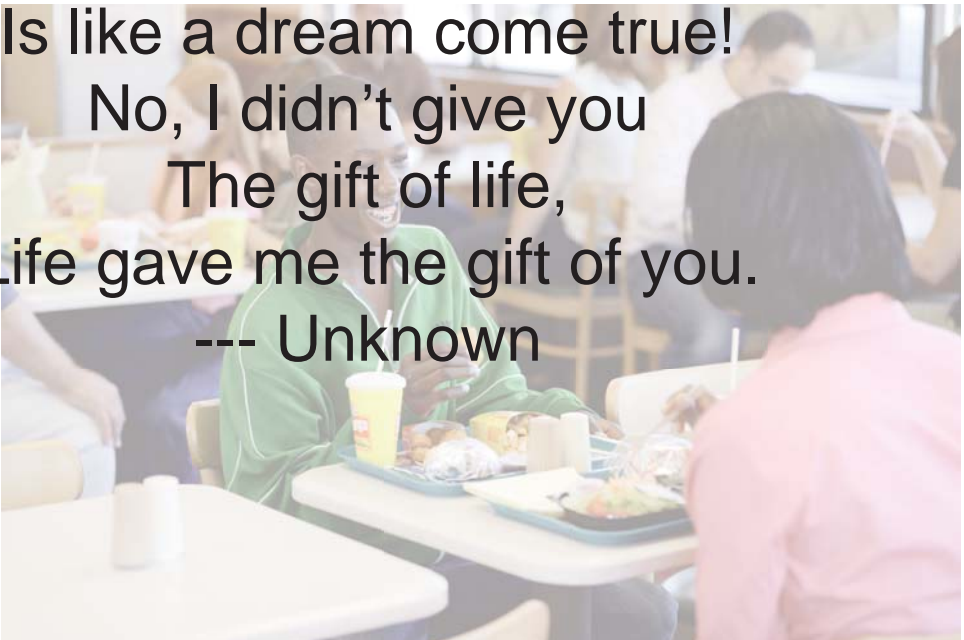
Guardian Angels Support Group
East Fairfield United Methodist Church
45675 St. Rte. 558
New Waterford, Ohio 44445

Six years ago, Kelly Harding formed a Christian faith based support group for families who are raising a special needs child. The group meets the 1st and 3rd Tuesday of each month at 6:30pm at the address listed above. She strongly feels that when a child with special needs enters the family, the family itself becomes a special needs family. Her support group is comprised of 50% foster and adoptive families from various agencies in the surrounding area. All family members are encouraged to attend the support group (childcare is provided) and the family outings that are planned. If you would like more information regarding this support group, please call Kelly at #330-482-4630. She will be happy to answer any of your questions. There is no registration required for attendance.



The Gift of Life

I didn't give you the gift of life,
But in my heart I know.
The love I feel is deep and real,
As if it had been so.



For us to have each other
Is like a dream come true!
No, I didn't give you
The gift of life,
Life gave me the gift of you.
--- Unknown

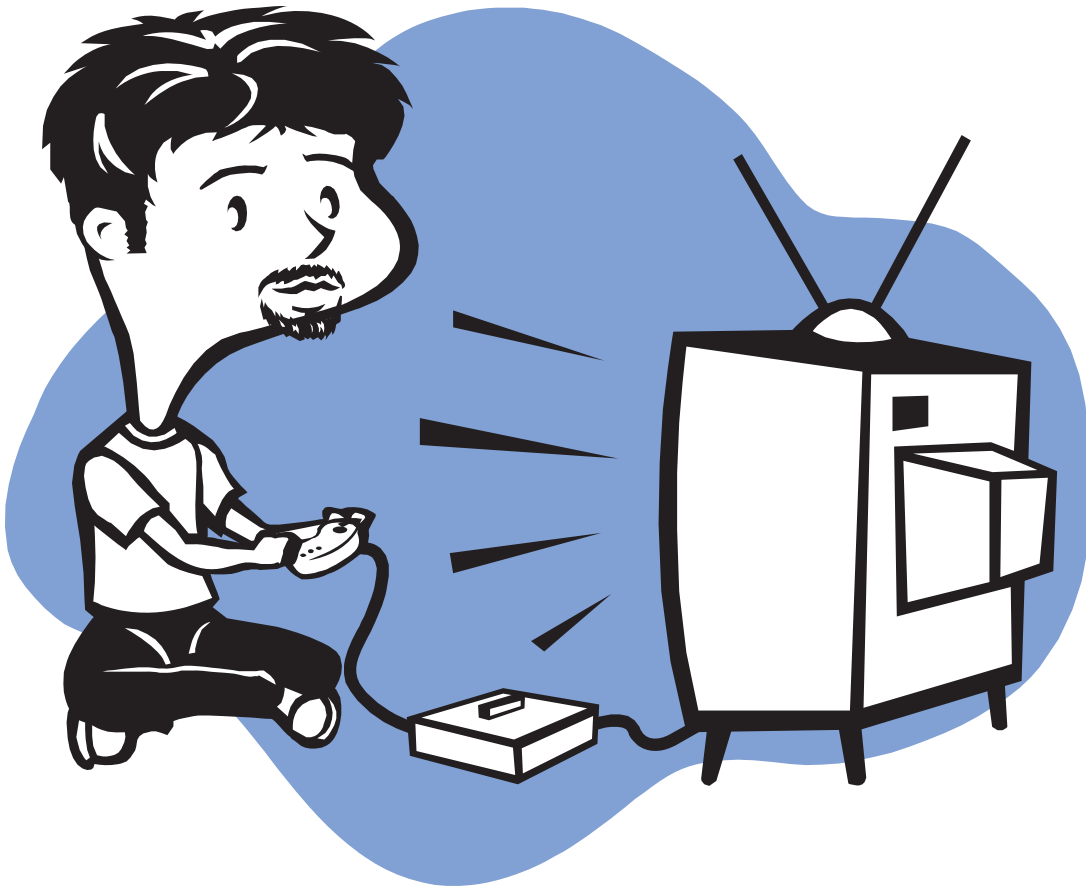
HAPPY ADOPTION DAY!

One of the happiest days of a child's life is the day he or she becomes a member of an adoptive family. The following families and children recently legalized their adoptions:

Melissa K. adopted Crystal on 12/30/2008
Robert and Melinda S. adopted Cody on 2/12/2009

Congratulations!

Games and More at iGive.com



Add more games to your family at igive.com/noas. Look through and purchase new and used games for Nintendo Wii, Sony Playstation 3 and PSP from well-known stores such as: EBGames, GameFly, GameStop, eBay, Toys R Us, and Buy.com. If video games are not your specialty, you can also shop for board games, books, and other fun things to keep you occupied at home. At igive.com/noas, up to 26% of every purchase is donated to Northeast Ohio Adoption Services, with no additional charge to you! Membership is quick, simple and best of all free! Sign up today and take advantage of the over 680 stores available on igive.com/noas.