

Start Talking!

Building a Drug-Free Future



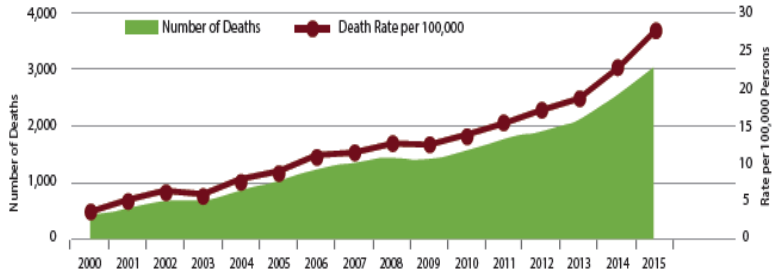
Sarah Smith, MPA, Director of Start Talking!

Background

- Drug overdoses have surpassed car crashes as the leading cause of accidental death in Ohio
- Since 1999, drug overdose deaths have increased by 413%
- **Approximately 8 Ohioans die every day from a drug overdose.**



Figure 6. Number of Deaths and Annual Age-Adjusted Death Rate* per 100,000 Population from Unintentional Drug Overdose by Year, Ohio Residents, 2000-2015



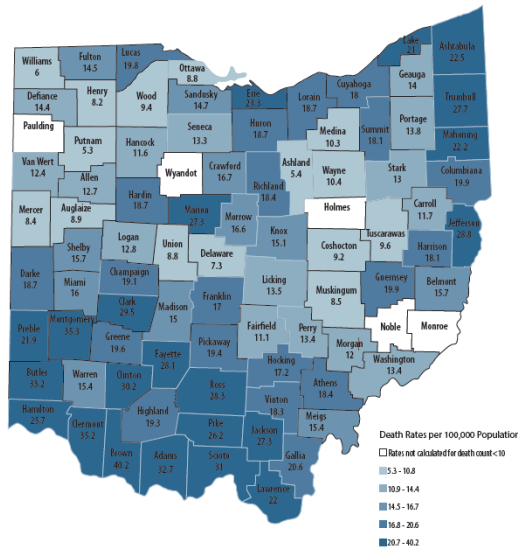
Source: Ohio Department of Health, Bureau of Vital Statistics; Analysis Conducted by ODH Injury Prevention Program.

*Beginning with the 2015 Ohio Drug Overdose Report, the death rate is presented as age-adjusted which allows a comparison of death rates between populations (e.g. counties and states). The rates are adjusted to the U.S. 2000 standard population to allow a comparison of the overall risk of dying between different populations.



Ohio Drug Overdose Data by County

Figure 10. Average Age-Adjusted Unintentional Drug Overdose Death Rate Per 100,000 Population, by County, Ohio Residents, 2010-2015^{1,2}



Ohio's Response

- Since 2011, Ohio has developed a multi-pronged approach to fight drug abuse:
 - Increase public and professional education
 - Increase enforcement and interdiction efforts on our highways
 - Expand treatment options and recovery supports
 - Focus on prevention



What is Start Talking! ?



Why Start Talking! ?

- Research shows when children talk about substance abuse with parents and other adults, they are up to 50% less likely to use.



Start Talking!

- Developed around 4 simple strategies:
 - Help parents understand the risks to their children and empower them with simple tools to get the conversation started.
 - Provide programming for schools, and others in the community, to reinforce positive messages
 - Encourage peer-to-peer conversations among high school youth to promote healthy lifestyles
 - Build youth resiliency and resistance skills to peer pressure.



Three Key Takeaways

1. Safeguard your home
2. Know the signs and symptoms
3. Talk early and often



Safeguard Your Home

- 1. Monitor.**
- 2. Secure your medicine.**
- 3. Dispose of your unused medicine.**



Know the Signs & Symptoms

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



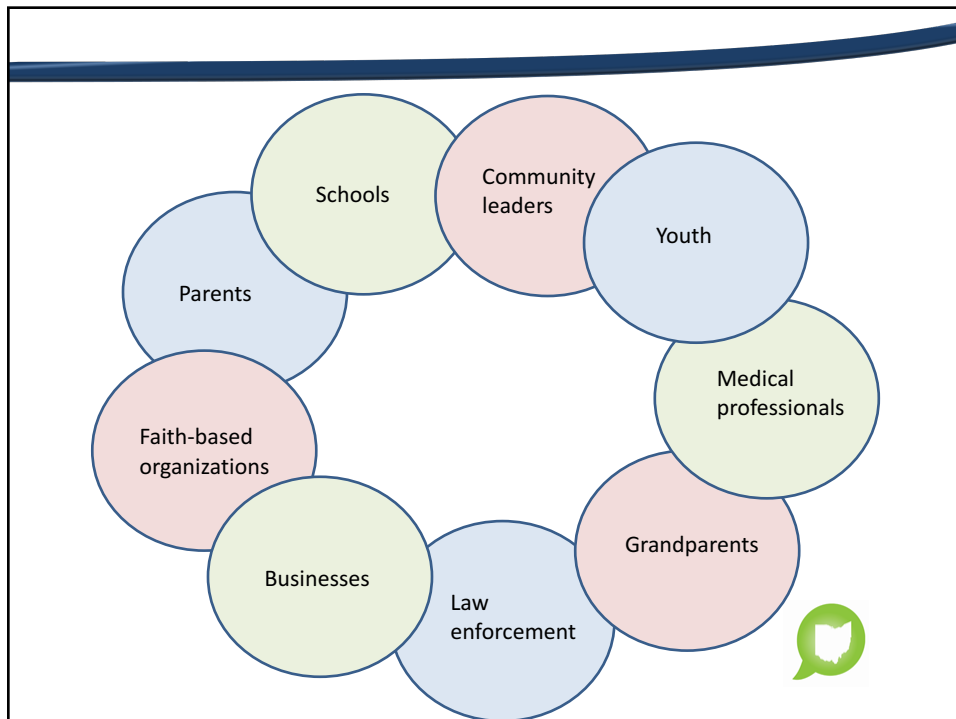
Helpful Programs & Resources



House Bill 367

*Health education, which shall include instruction in:
(f) Prescription opioid abuse prevention, with an emphasis on the prescription drug epidemic and the connection between prescription opioid abuse and addiction to other drugs, such as heroin.*

<http://education.ohio.gov/Topics/Ohios-Learning-Standards/Health-Education/Opioid-Abuse-Prevention>



Contact Information

Sarah Smith, MPA, Director of Start Talking!

30 East Broad Street, 36th Floor

Columbus, Ohio 43215

(614) 387-2799

Sarah.Smith@StartTalking.Ohio.Gov

StartTalking.Ohio.Gov

