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# CACY COMMUNICATOR

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## CACY'S Core

**Purpose:** To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.

## CACY 5K Drug Free Run/ Walk

CACY will host it's second annual 5K run/walk on Saturday June 7, 2014 at the Lexington Senior Civic Center. Pre registration is \$20 and race day registration is \$25. Free t-shirts given to the first 80 pre registered. Race starts at 9:00am. Please visit our website ([www.cacyohio.org](http://www.cacyohio.org)) to find the registration form. Donations are appreciated.



## Young People Using Cough Medicine To Get High

As cold and flu season continues, it is extremely important to pay attention to cough medicine dosages.

Today, about one out of three teenagers knows someone who has abused over-the-counter cough medicine to get high. The reason for this is because it is affordable, easily accessible and because kids feel it is "less dangerous" than illegal drugs.

The cough suppressant ingredient, dextromethorphan (DXM) is found in more than 125 drugs for cold, cough and flu.

Since most cough syrups have a bad taste to them, users may mix it with Sprite, Skittles, Jolly

Ranchers, etc. in order to make a better flavor. When mixed with alcohol it is very dangerous and can result in death.

Unfortunately, this trend is being supported by pop artists and rappers. Many have included the slang terms for the cocktail in their songs including The Black Eyed Peas, Miley Cyrus, Drake and Lil Wayne whose addiction to "Purple Drank" has been public.

Some of the side effects of overdosing on DXM include; nausea and vomiting, confusion, dizziness, double or blurred vision, slurred speech, drowsiness, rapid heart beat and numbness of fingers and toes.

Warning signs that your child may be overdosing include; purchasing

large amounts of cough medicine when not ill, empty bottles of cough medicine in trash cans, backpacks or school locker, hearing your child use the slang terms for DXM abuse (skittles, robo-tripping, triple Cs, tussin, sizzurp, syrup, purple drank, purple sprite), changes in sleeping or eating patterns, hostile and uncooperative attitude or unusual chemical or medicinal smells on your child. As a parent it is important to keep your medicine cabinets locked out of public places and to monitor when your child takes medicine.



## Adderall and Ritalin Abuse Increases Among Students

When misused by people without ADHD, Ritalin and Adderall have a stimulant effect, resulting in suppressed appetite, increased wakefulness, and euphoria. Due to these effects, students abuse Ritalin and Adderall to stay awake and alert while studying or partying. Abusers of the drug crush the tablets and snort, inject, or take them orally.

According to the National Survey on Drug Use and Health, 6.4% of college students aged 18 to 22 abused Adderall in 2012. This survey also showed that those college students who had taken

Adderall non-medically were more likely to use illicit drugs or other prescription drugs in the past year, and more than 1.5 times as likely to have used alcohol in the past month.

Some high school students also abuse hyperactivity drugs. The "Monitoring the Future" study at The University of Michigan shows that high school abuse of Adderall increased from 5.4 percent in 2009 to 7.4 percent in 2013.

The Substance Abuse and Mental Health Services Administration reported between 2005 and 2011 the number of emergency room visits related to Adderall and Ritalin abuse

quadrupled among young adults.

In a 2012 study from the National Institute of Public Health, 74 percent of all college nonmedical users get these type of hyperactivity drugs from a friend who has a prescription.

Adderall and Ritalin are DEA Schedule II drugs, meaning they have high potential for abuse and could lead to severe psychological or physical dependence.

It is important for student health centers to be selective when prescribing drugs to students and for students to not share prescribed medications.