Opiate Abuse Among Teenage Athletes.
What You Need to Know
• Non-profit 501c3 since 2010
• Comprised of over 60 volunteers
• Dedicated to providing education and awareness about substance abuse issues in NM
• Help people find access to resources
• Sober living/treatment center for young people age 14-21 (boys only at this time)
• Provide wrap around services (post-detox)
• Services include long-term sober living, individual, group and family therapy, life skills, job placement, workforce training, education (high school & college), & case management.
Land of Enchantment
Population 2,086,000
Biggest City is Albuquerque. Population: 677,970
We are NOT part of Mexico. We are part of the U.S. Yes, we have running water.
We are home to the largest international hot air balloon fiesta.
Red, green or Christmas” at every Mexican food restaurant you venture into.
We are the home of the NM Lobos and UFC Fighter Holly Holm.
NM has the 2\textsuperscript{nd} highest drug-induced death rate in the nation

1. West Virginia - 35.5 deaths per 100,000
2. New Mexico - 27.3 deaths per 100,000
3. New Hampshire - 26.2 deaths per 100,000
4. Kentucky - 24.7 deaths per 100,000
What are people overdosing on??
Opiate Pain Killers

- Demerol
- Vicodin
- Hydrocodone
- Percocet
- Morphine
- Codeine
- OxyCodone
- OxyContin
- Heroin
• Drug overdose is the leading cause of accidental death in the U.S.

• Opioids (painkiller and heroin) are the leading cause of overdoses.

• Health care providers wrote 259 million prescriptions for painkillers in 2012, enough for every American adult to have a bottle of pills.

• The number of prescriptions for pain killers tripled from 1991 to 2013 and the number continues to grow.

• Since 2000, drug overdoses have increased 137%, including a 200% increase in overdose deaths involving pain killers and heroin.
How does this affect Athletes??

- America is faced with a new dilemma... heroin addicts that do not fit the stereotypical profile of what a heroin addict should look like.
- Young athletes face enormous pressure to manage their pain and play through injuries. Competition is fierce and doctors are willing to prescribe pain killers so they can continue playing.
- Many doctors aren’t informed about the drugs they’re dispensing and/or they aren’t communicating the potential risks to families.
- The line between use, misuse, abuse, and addiction is incredibly thin.
PILLS: Take them for everything!

- tired
- achy
- sad
- fat
- bored
- pukey
- stupid
- old
- poor
- uptight
- smelly
- addicted to pills
ESPN: Painkillers, NFL's other big problem

ESPN: Painkiller misuse numbs NFL pain

USA Today: When painkilling becomes an addiction for young athletes

Sports Illustrated: How painkillers are turning young athletes into heroin addicts

NY Daily News: Former players sue NFL, claim league illegally gave painkillers to mask injuries, which led to addiction

WebMD: Abuse of Rx Painkillers in High School Athletes

Teen football players use the most illegal drugs, research shows

Washington Post: Two former NFL players describe prescription drug practices

Sports Network: Pain Killers, Athletes and Addiction
Similarities Between Illicit & Prescription Drugs

- Oxycontin (Oxycodone)
- Heroin

- Opiates can depress breathing by changing neurochemical activity in the brainstem, where automatic body functions are controlled.
- Opiates can change the limbic system, which controls emotions, to increase feelings of pleasure.
- Opiates can block pain messages transmitted through the spinal cord from the body.