



**NEWS from the North Dakota Department of Human Services
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Stop Overdose: North Dakota State Fair booth addresses access to prescription medication

BISMARCK, N.D. – Access to prescription medications is a crucial risk factor relating to the abuse of and addiction to prescription opioid pain relievers and heroin. According to the National Survey on Drug Use and Health (NSDUH), in 2014, 66 percent of people who abused prescription medications obtained them from a friend or relative. Additionally, 1 in 15 people who abuse pain medication will try heroin within 10 years (NSDUH 2004-2010).

As part of the “Stop Overdose” campaign, and in conjunction with “Parents Lead,” the North Dakota Department of Human Services Behavioral Health Division will staff a booth at the North Dakota State Fair in Minot, July 22-30, in Commercial Building II. The public is invited to visit the booth and learn about responsible medication use and disposal by following three simple steps.

- **Lock:** Keep medication out of sight and in a safe and secure place.
- **Monitor:** Keep track of medication and take it only as directed.
- **Take Back:** Drop off unused medication at local Take Back locations.

Resources at the booth will also address the significant role parents have in preventing misuse and abuse of prescription medication by their children. Parents are encouraged to begin having meaningful conversations with their children about prescription medication at a young age. Age-appropriate resources will be available to assist parents with starting these conversations.

“Parents are the number one influence in their children’s lives,” said Laura Anderson, prevention administrator for the North Dakota Department of Human Services. “By starting conversations early and role modeling safe and effective medication disposal, we are protecting our kids from the risks of prescription opioid abuse.”

The Prescription Drug Take Back Program provides North Dakota citizens with a safe and easy way to dispose of unused and unneeded over-the-counter and prescription medicines, thereby helping limit access. For a complete listing of statewide Take Back locations, visit www.ag.nd.gov/PDrugs/TakeBackProgram.htm.

The North Dakota Prescription Drug Take Back Program was initiated in December 2009 by Attorney General Wayne Stenehjem, and in 2015, the North Dakota Board of Pharmacy began providing an opportunity for North Dakota pharmacies to participate in the prescription drug disposal program through the Yellow Jug Old Drugs program.

Parents Lead provides tools, activities, and resources to support parents in taking the lead to prevent risky behaviors such as prescription drug abuse and underage drinking. Visit www.parentslead.org for more information.

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North Dakota State Fair Booth addresses access to prescription medication – page 2

The Department of Human Services Behavioral Health Division, in collaboration with the Reducing Pharmaceutical Narcotics Task Force launched the Stop Overdose campaign in May. This statewide campaign focuses on saving lives by sharing information and providing resources for those impacted by opioid abuse and overdose, including prescribers, pharmacists, behavioral health counselors, first responders, family members, and friends.

To learn more about Stop Overdose, visit www.prevention.nd.gov/stopoverdose or contact the North Dakota Department of Human Services' Prevention Resource and Media Center at 1237 W. Divide Ave., Suite 1D, Bismarck, N.D., 58501, 701-328-8919, or ndprmc@nd.gov.

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