

REFUSAL SKILLS

If someone offers you drugs, here are some tips on how to say "No"

Simply say

"No, Thanks!"



Walk Away!

"I don't want to get arrested"

Make an excuse

"I'm probably allergic to that"

Change the subject

"Hey...did you see my Snapchat story yesterday? It was EPIC!"

Use humor

"Man, I need all the brain cells I can get to pass the MCAS!"

Surround yourself with friends who make good choices!!!!



What Teens Can Do

- Get the facts about Opioids
- Get involved in clubs like SADD, sports or other activities at school
- Do not go to parties where alcohol or drugs are being served
- Never take medication that was not prescribed to you by your doctor
- Ask questions whenever your doctor gives you a new prescription
- Ask for alternative pain medications
- Help a friend who may be struggling with addiction
- Learn and practice refusal skills

WHERE TO TURN FOR HELP

Talk to your parents

Ask your doctor

See your guidance counselor or school nurse

Ask a friend for help

A trustworthy adult

Find a support group

Find out about resources in your area

Tips to get the right help

Know your health Insurance

Ask for local detox in your area

Ask about inpatient & outpatient options

Ask for support groups for families

(i.e. www.learn2cope.org)

RESOURCES

MA Substance Abuse Info & Education Helpline

(Toll free) 1-800-327-5050

TTY: 617-536-5872

www.helpline-online.com

Substance Abuse and Mental Health Services Administration (SAMHSA)
(Toll free & confidential) 1-800-662-HELP
www.findtreatment.samhsa.gov

**LEARN MORE ABOUT
OPIATE ADDICTION @**

www.mass.gov/stopaddiction

www.toosmartostart.samhsa.gov/teen

www.thecoolspot.gov

www.abovetheinfluence.com

www.underyourinfluence.org

www.getsmartaboutdrugs.com

www.theantidrug.com

Adversity to Advocacy



Cory's Cause

35 Mello's Farm Road

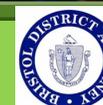
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Cory James Palazzi



Cory was a varsity baseball and football athlete and a member of the National Honor Society. Cory had a love for the game of baseball. The baseball diamond was the happiest place on earth for him. His Junior year of high school he suffered a shoulder injury which required surgery. After surgery Cory was prescribed opiates for pain and became addicted to his opiate pain medication and eventually became addicted to heroin. On 7/15/13 Cory suffered a heroin overdose which has left him permanently disabled.

From Adversity to Advocacy as a family, we share our story by going out to speak at schools and to other organizations about the dangers of drugs and offer a message of hope for those who are faced with addiction.

In an effort to help those others who are dealing with the challenges we once faced we have formed the Cory's Cause Foundation. Our goal is to help educate individuals about this disease and remove the stigma by educating individuals through sharing Cory's story in the hopes that we can help other families to not endure the pain we have.

*The Palazzi/Gonsalves Family
Cory, Dave & Lori*

What are Opiates?

Opiates are highly addictive drugs such as Heroin and some prescription drugs.

What Prescription Drugs are Opiates?

- ◆ Codeine
- ◆ Morphine
- ◆ Vicodin (hydrocodone)
- ◆ Dilaudid (hydromorphone)
- ◆ Demerol (meperidine)
- ◆ OxyContin (oxycodone)
- ◆ Percocet (oxycodone)

Did you know?

Mixing pills with other drugs or alcohol increases your risk of death from accidental overdose. Abuse of prescription stimulants like Ritalin and Adderall can cause serious health risks such as panic attacks, seizures, and heart attacks.

Dispose of Unused Prescription Drugs

Check with your local police department to see if they have a secured drug drop box. Bring unused medications to your local police department and drop them in the secured drug drop boxes. Do not flush medication. You can also crush the medications and mix them with coffee grounds or kitty litter then seal them in an unmarked container and throw it in the trash.

Be an Advocate for Change



Cory with Mayor Marty Walsh of Boston and Governor Charlie Baker on the day he testified at the Massachusetts State House in support of Governor Baker's new Opiate Bill

What is Advocacy

Publicly speaking out in support for a particular cause or policy. You can be an advocate in your school or community by speaking at public forums, signing petitions, and writing letters to your local, state and federal policy makers. Changes in policies could save someone's life.

Harmful effects of Heroin and Opiates

- Impair brain development
- Loss of natural pleasure sensors
- Ability to react, think and remember
- Dependency
- Disconnect from reality
- Slowed or stopped breathing
- Constipation
- Nausea, vomiting, diarrhea
- Loss of appetite and sex drive
- Damages the heart, brain, liver, lungs and other organs
- Causes severe health problems for babies of addicted mothers
- Increased risk of HIV and Hepatitis

Know the signs

Many parents are reluctant to believe their child could be struggling with addiction

Signs your child may be abusing Opioids

Change in behavior at home, school, & friends
Pills or medicine bottles missing from your home
Carelessness about appearance
Drowsiness/nodding off
Changes in sleep, appetite, fatigue, confusion, weight loss
Slurred speech and dizziness
Changes in pupil size
Itchy skin, picking at skin
Abrupt changes in their finances and valuables missing from the home