

# 2011

# Prescription Medication Toolkit



## A Guide for Families with Youth

PRESCRIPTION DRUG ABUSE TASK FORCE  
UNITED WAY OF BROWARD COUNTY COMMISSION ON  
SUBSTANCE ABUSE

# PURPOSE OF THIS GUIDE

As families we are often concerned and seek information about problems that may affect our children and families. The Broward County Prescription Drug Taskforce of the Broward Commission on Substance Abuse realized the importance of having a scientifically accurate, family-relevant and readily available resource to assist parents and other family members in finding information on substance use disorders and consequences. We believe that the information contained in this guide will assist you, this community and others in developing a better understanding of prevention prescription drug misuse/abuse and treatment.

Brenda W. LaVar, Ph.D., Member  
 Board of Governors, Commission on Substance Abuse  
 United Way of Broward County



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## STORIES OF HOPE



Cheyene

### A Letter from Tina

In Ft. Lauderdale, Florida, a woman named Tina turned to law enforcement as a last resort to save her 24 year old son, Jonathan from prescription drug addiction and ultimately from an overdose death. After numerous attempts at intervention, detox, counseling and rehab, a desperate Tina had her son arrested for violation of probation. Tina along with many loving and supportive family and friends went before the judge and requested residential rehab in jail for Jonathan. The judge ordered this for Jonathan along with drug offender probation. He is now 9 months clean. He has a great job, his girlfriend is back with him, and his affectionate and tender qualities are back. We have our Jonathan back again! Yes, there is hope!

~ Tina

Proud mother of her recovering son

### TO MY BROTHER CHEYENE

BY: KEELY

*It hurts you more than you show it,  
And it's destroying our family more than you know it.*

*You live a life of lies,  
And can't see that **we** are your allies.*

*What's worse is you don't even care,  
And the pain we can't seem to bare.*

*If you could only see how we're going insane,  
All we want is our Cheyene.*

*I wish you could see the power of this drug  
And how it's swept your life under the rug.*

*You've allowed the devil to win  
And now he is sitting there with a grin.*

*This drug has you confused.  
I wish we could go back to before you used.*

*You've chosen to give up hope,  
If only you knew it was the dope.*

*What will it take to get you back?*

*I've watched you go from having everything,  
To watching you become nothing.*

*I'll never give up trying,  
If it saves you from dying...*

- December 2008

*"Our greatest weakness lies in  
giving up. The most certain way  
to succeed is always to try just  
one more time."*

- Thomas Edison



# STORIES OF HOPE



Allen R.

## Allen's Story

I was blessed with the strength and guidance to overcome the many tragedies and downfalls in my life, therefore everyday that I am alive is a blessing.

After evaluating my life and coming to the rooms of Narcotic Anonymous and Alcoholics Anonymous life became better.

Since attending meetings, my way of thinking changed. Through this change I received a Bachelors of Art in Psychology. I have worked in a number of positions in the Social Services field providing the same strength, compassion and guidance that was provided to me. Through all of this I was accepted into the Public Administration Masters Program at FIU.

I owe this to first having the determination to want to put the drugs and alcohol down and to attending the rooms of NA and AA. On October 17, I have 17 years clean and sober. I have the love of my family, my children and my friends. Yes, I have my life back.

Sobriety is a journey...  
Of broken dreams....Renewed  
Of withered faith...Revived  
Of self esteem...Reborn.

It is a road not walked alone,  
but in the company of many,  
Where tears are understood,  
Pain -- an avenue to freedom,  
And fear an accepted response.

It is a way of life...  
Where the gift encountered  
Is hope.

-E.V. Stankowski

## So Help Me

By: Michael

Easy, lucky, lucid  
We are trying to be free  
From the back of my mind  
To the front of the sea  
It's the end of the world  
It's my favorite beach  
Let me search  
Let me see  
Let me be

So Help me  
I'm moving on  
So Help Me  
This current is strong  
So Help me  
I will be long  
It takes some time

Reborn to relax  
With relapse we retract  
What we want to see  
An earthquake that equates  
To nothing but mistake  
It for true beauty

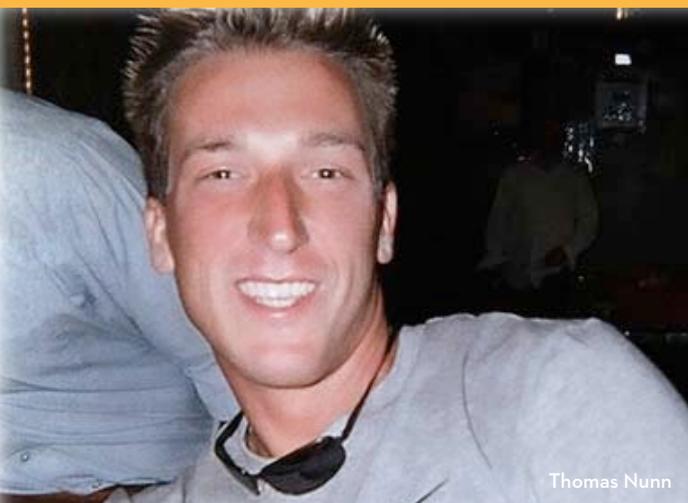
So Help me  
I'm moving on  
So Help Me  
This current is strong  
So Help me  
I will be long  
It takes some time

If we had something we  
could see tomorrow  
finding joy in all that sorrow

Wake me up  
I'm asleep  
My body's dead  
My bones are weak  
I cannot breathe  
I cannot speak  
My tongue is wrapped  
around my cheek

So Help me  
I'm moving on  
So Help Me  
This current is strong  
So Help me  
I will be long  
It takes some time

## IN MEMORIAM



Tommy was a very sensitive young man with a great sense of humor. He was born in Ft. Lauderdale, FL and grew up in South Florida. He had a gift to talk with anyone regardless of their background. He was an incredible cook who loved fishing, dirt bike riding, scary movies, funny movies and going out on the ocean. Tommy lived everyday to the fullest. When Tommy was around you knew it. His energy was boundless. He is missed every moment of everyday and will forever be in our hearts.

~ *Rachael,*  
*Tommy's Mother*

Richard W. Perry, Jr. was born in Walnut Creek, California. He had been a resident of Tequesta, Florida for 18 years. Rich graduated from Cardinal Newman High School in 2000, and attended Valencia College in Orlando, Florida. Rich was a member of the Junior Golf Association and a member of Hobe Sound Golf Club. Rich enjoyed golf, boating, movies and making people laugh. Richie touched everyone he met with his warmth and his ever present sense of humor. We miss Rich every day.



~ *Karen,*  
*Richie's Mother*

I'M FREE, don't grieve for me for now I'm free. I'm following the path God laid for me. I took his hand when I heard him call; I turned my back and left it all. I could not stay another day to laugh, to love, to work or play. Tasks left undone must stay that way, for I found peace at least, that day. If my parting has left a void, then fill it with remembered joy. A friendship shared, a laugh, a kiss, oh yes these things I too, will miss. Be not burdened with times of sorrow, I wish you the sunshine of tomorrow. My life's been full I savored much, good friends, good times, a loved one's touch. Perhaps my time seemed all too brief; don't lengthen it now with undue grief. Lift up your heart and share with me-God wants me now...He's set me free.

~ *Unknown*

## INSIDE THIS GUIDE

- 6 Commonly Abused Medications
- 7 The Role of the Family in Drug Abuse
- 14 If an Arrest Happens
- 17 Addiction is Treatable
- 19 Resources



# WHAT ARE SOME COMMONLY ABUSED PRESCRIPTION MEDICATIONS?

## Pain Medications:

Pain relievers are a class of the most abused prescription medications among adults and teens. Some commonly abused pain medications include:

- Codeine - Brand Names: **Promethazine Syrup with Codeine; Tylenol w/ Codeine**
- Hydrocodone - Brand Names: **Vicodin, Lorcet, Lortab**
- Hydromorphone - Brand Name: **Dilaudid**
- Meperidine - Brand Name: **Demerol**
- Methadone - Brand Name: **Methadone**
- Morphine - Brand Name: **MS Contin**
- Oxycodone - Brand Names: **Oxycontin, Roxicodone, Percocet, Endocet**

## Sedatives:

Sedatives most commonly refer to anti-anxiety medications, the most often abused include:

- Alprazolam - Brand Name: **Xanax**
- Clonazepam - Brand Name: **Klonopin**
- Diazepam - Brand Name: **Valium**
- Lorazepam - Brand Name: **Ativan**
- Temazepam - Brand Name: **Restoril**
- Zolpidem - Brand Name: **Ambien**

## Stimulants:

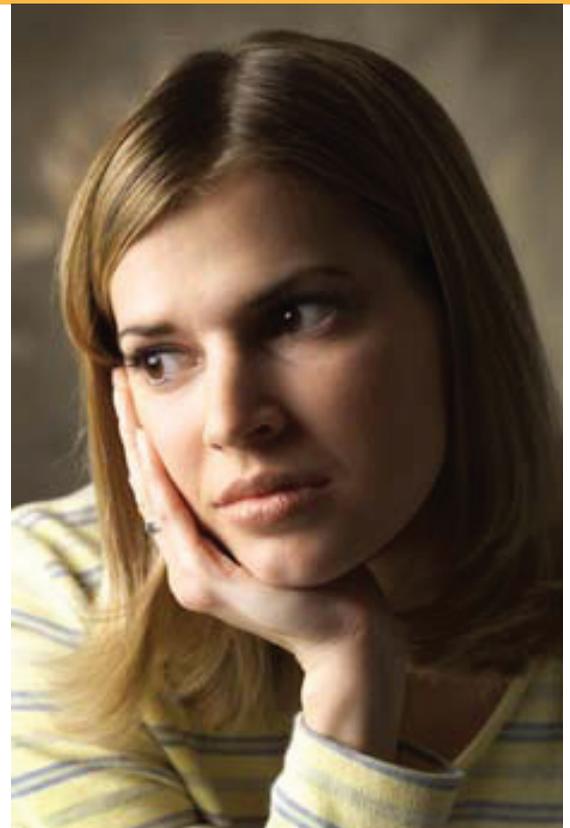
Abused stimulant medications used to treat ADHD include:

- Amphetamine - Brand Name: **Adderall**
- Methylphenidate - Brand Names: **Ritalin, Concerta**

## Steroids:

As with other medications, Steroids are prescribed and also abused, they include:

- Anabolic Steroids - Brand Name: **Anadrol, Durabolin, Depo-Testosterone**



*Please visit these sites for detailed information about prescription medications:*

[www.theantidrug.com](http://www.theantidrug.com)

[www.drugfree.org](http://www.drugfree.org)

[www.nida.nih.gov](http://www.nida.nih.gov)



# THE ROLE OF THE FAMILY IN DRUG ABUSE

## Factors that Can Increase the Chance of Addiction

### Home and Family

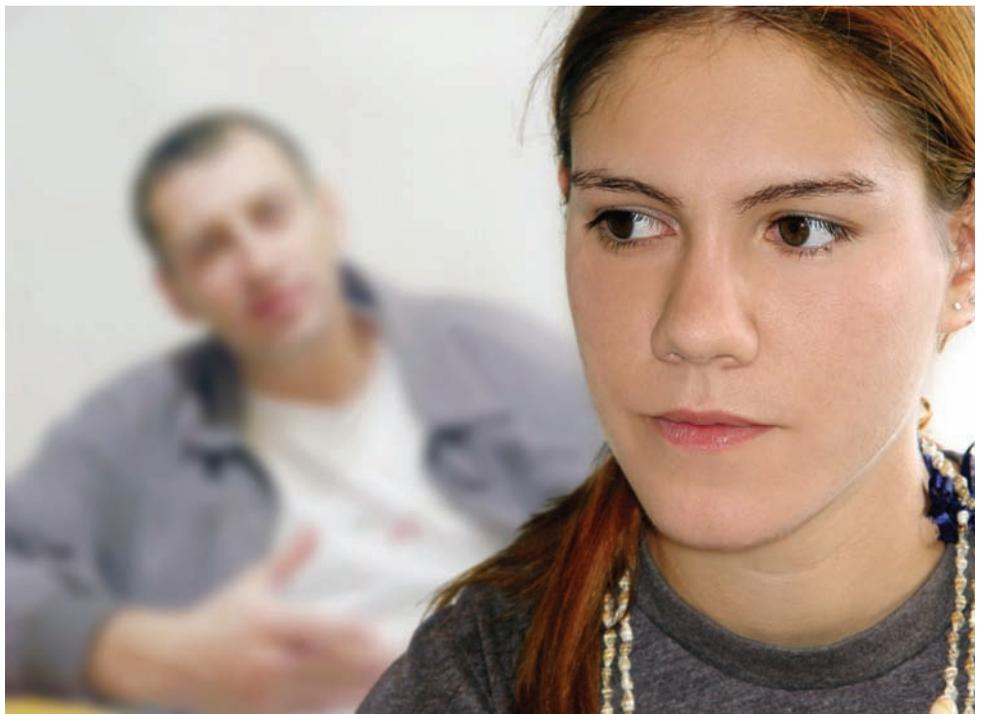
The influence of the home environment is usually most important in childhood. Parents who are emotionally and physically unavailable and older family members who abuse alcohol or drugs, or who engage in criminal behavior, can increase children's risks of developing their own drug problems.

### Peers and School

Friends and acquaintances have the greatest influence during adolescence. Peers who use drugs can sway even those without risk factors to try drugs for the first time which can trigger the genes that can cause addiction. Academic failure or poor social skills can put a child further at risk for drug abuse.

### Early Use

Although taking drugs at any age can lead to addiction, research shows that the earlier a person begins to use drugs the more likely they are to progress to more serious abuse. This finding identifies why early use can significantly impact the developing brain. Early use can also result from a constellation of early biological and social vulnerability factors, including genetic vulnerability for addiction and or mental illness, unstable family relationships, and exposure to physical or sexual abuse. It is a strong indicator of problems to come.



### Method of Administration

Smoking a drug or injecting it into a vein increases its addictive potential. Both smoked and injected drugs enter the brain within seconds, producing a powerful rush of pleasure. However, this intense "high" can fade within a few minutes, taking the person down to lower, more normal levels. It is often an extreme contrast, and scientists believe that this low feeling drives individuals to repeated drug abuse in an attempt to recapture the high pleasurable state.

*(Excerpted from Addiction: "Drugs, Brains, and Behavior - The Science of Addiction" NIDA)*

## GENETICS

Scientists estimate that genetic factors account for between 40 and 60 percent of a person's vulnerability to addiction, including the effects of environment on gene expression and function. Adolescents and individuals with mental disorders are at greater risk of drug abuse and addiction than the general population. Although

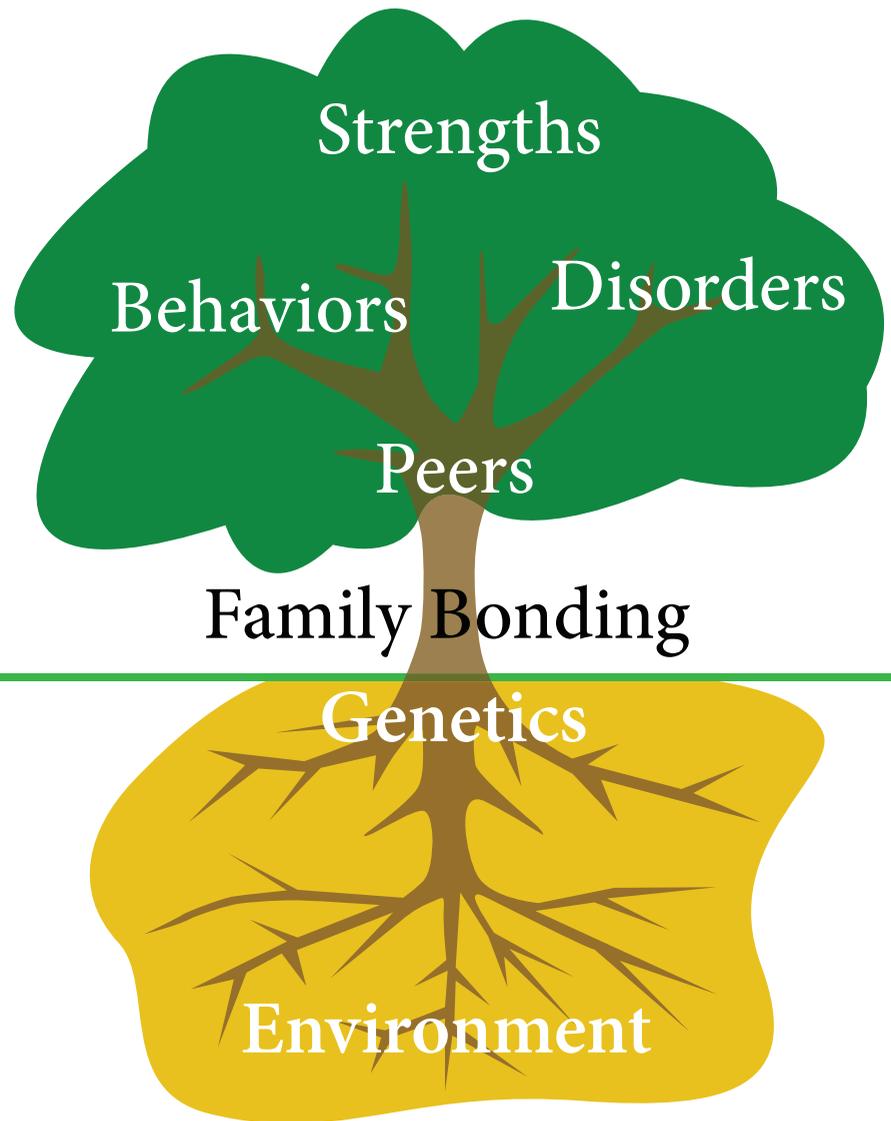


the initial decision to take drugs is mostly voluntary. When drug abuse takes over, a person's ability to exert self control can become seriously impaired. Brain imaging studies from individuals who are addicted to drugs and or alcohol show physical changes in areas of the brain that are critical to judgment, decision-making, learning and memory, and behavior control. Scientists believe that these changes alter the way the brain works, and may help explain the compulsive and destructive behaviors of addiction.

As with any other disease, the capacity to become addicted differs from person to person. In general, the more risk factors an individual has, the greater the chance that taking drugs

will lead to abuse and addiction. "Protective" factors reduce a person's risk of developing addiction and assist in developing behavioral and emotional strengths.

Children's earliest interactions within the family are crucial to their healthy development and reducing the risk of drug use. Family bonding and the child's acceptance and relationship with both parents are critical protective factors.



# HOW DO YOUTH GET THESE MEDICATIONS?

## Your Medicine Cabinet:

Statistics show that your medicine cabinet is an easy place for your children to get drugs. It might not be your children that take the pills from your medicine cabinet; it might be your children's friends that come over.

Make sure you tell your children's friends, your friends and relatives to lock their medicine cabinets. In 2009, the Florida Medical Examiner's report 2,488 people died, a rate of 7 per day, caused by prescription drugs.



## Medication Take Back

The Broward Sheriff's Office, in partnership with The United Way of Broward County's Commission on Substance Abuse, offers a medication take-back program to the community. If you have unused or expired medications that you want to dispose of safely, or for more information, please contact the Broward Sheriff's Office at (954) 557-1124 or the Commission on Substance Abuse at (954) 760-7007. You may also access more information online at:

[http://sheriff.org/safety/operation\\_medicine\\_cabinet/](http://sheriff.org/safety/operation_medicine_cabinet/)  
[www.drugfreebroward.org](http://www.drugfreebroward.org)

## What Can You Do?

1. Keep all medications out of the reach of children.
2. Even though your children might be older, you still need to secure your medications.
3. Lock your medicine cabinet or keep these medications in a secure location.
4. If you suspect your medications are missing it is important to speak to your children.
5. Dispose of unused or outdated medications safely. You can refer to the Food and Drug Administration's website for proper disposal methods here: [www.fda.gov](http://www.fda.gov)
6. If your child is abusing prescription medications, keep reading! This guide will give you some much needed information!

**Remember:** Our youth don't just get prescription medications from their parents' medicine cabinets, but also from their friends, grandparent's homes or other family members.

# HOW DO I KNOW IF MY TEEN IS USING?

## Parenting Style

Have you ever thought what your parenting style might be with your son or daughter? Parenting styles vary depending on personality and how you were once raised by your parents. So...

- Do you think you're too strict?
- Not strict enough?
- Or too relaxed?

Would you like to find out how your parenting style can influence your relationship with your teen? Studies show that parents who are strongly bonded to their children, with a Balanced Parenting Style, have a better chance of raising resilient, drug-free youth!

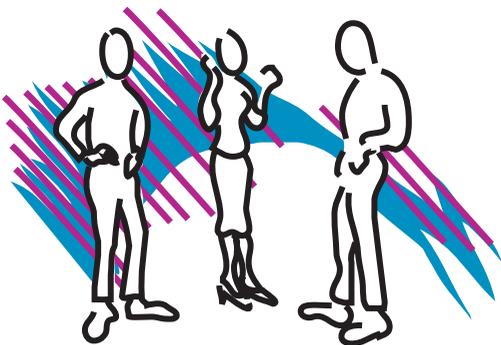
For parenting resources, please go to the Parenting Advice section at [www.theantidrug.com](http://www.theantidrug.com)



**“...you have to go into *THEIR* world to reach them.”**

Here are 5 quick tips to remember when talking about drugs and alcohol:

1. Be open.
2. Be non-judgmental.
3. Treat them as individuals.
4. Don't make assumptions.
5. Don't move too fast.



## Important Conversations...

More conversations with your son or daughter mean that you're bonding with them. The stronger your bond, the less likely they will use drugs or alcohol. You don't even have to talk about drugs or alcohol.

Having everyday conversations about your child's daily activities, hobbies, school life, and/or sports is a great place to start. Remember, you have to go into **THEIR** world to bond with them.

On the other hand, if you feel your son or daughter might be experimenting with drugs, there are some specific conversations that you should have. Check out the below conversation guides and informative websites that have been designed for parents:

[www.timetotalk.org](http://www.timetotalk.org)  
[timetoact.drugfree.org](http://timetoact.drugfree.org)

## LOCK YOUR MEDS

**DID YOU KNOW?**

**OVER 6.2 MILLION PEOPLE AGE 12 AND OLDER ABUSED PRESCRIPTION DRUGS IN THE LAST MONTH.<sup>1</sup>**

**EVERY DAY, 4,047 CHILDREN AND YOUNG ADULTS BEGIN EXPERIMENTING WITH PRESCRIPTION DRUGS.<sup>2</sup>**

**ONLY 4.7 PERCENT OF CHILDREN WHO ABUSE PRESCRIPTION DRUGS GET THEM FROM A STRANGER, A DRUG DEALER OR THE INTERNET.<sup>1</sup>**

# PARENTS GUIDE TO PRESCRIPTION DRUG ABUSE PREVENTION

Over 6.2 million people age 12 and older report abusing prescription drugs.<sup>1</sup> Due to the fact that prescription drugs, when used as prescribed, can improve one's health, many teens believe they are a safe way to get high. Review the following guidelines for prescription drug abuse prevention and discuss them with your family and friends.

### LOCK YOUR MEDS

Every day, 4,047 children and young adults begin experimenting with prescription drugs.<sup>2</sup> Only 4.7% of children who abuse prescription drugs say they get the medication from a stranger, a drug dealer or the internet.<sup>1</sup> Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

### TAKE INVENTORY

Using your Home Medicine Inventory Card, write down the name and amount of medications you currently have and regularly check to see that nothing is missing.

### EDUCATE YOURSELF & YOUR CHILD

Learn about the most commonly abused types of prescription medications (pain relievers, sedatives, stimulants and tranquilizers). Then, communicate the dangers to your child regularly; once is not enough.

### SET CLEAR RULES & MONITOR BEHAVIOR

Express your disapproval of using prescription drugs without a prescription. Monitor your child's behavior to ensure that the rules are being followed.

### PASS IT ON

Share your knowledge, experience and support with the parents of your child's friends. Together, you can create a tipping point for change and raise safe, healthy and drug-free children. Learn more about ways to get involved at [www.nfp.org](http://www.nfp.org).

### PROPERLY DISPOSE OF OLD AND UNUSED MEDICATIONS

For guidelines on safe and proper disposal of medications, visit [www.nfp.org/safemeddisposal](http://www.nfp.org/safemeddisposal).

### WHAT TO DO IF YOUR CHILD ALREADY HAS A PROBLEM

If you suspect your teen is using drugs, do not wait to do something about it. Visit the Substance Abuse & Mental Health Services Administration at [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov) for a listing of treatment centers in your area, or call 1 (800) 662-HELP (4357).

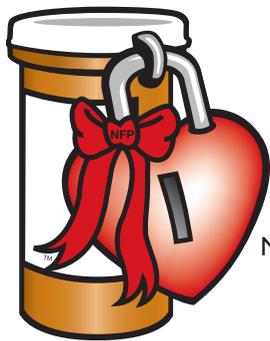
1. Substance Abuse and Mental Health Services Administration. 2008 National Survey on Drug Use and Health: National Findings.  
2. Substance Abuse and Mental Health Services Administration. 2008 National Survey on Drug Use and Health: Calculated from detail table 4.11.

## LOCK YOUR MEDS

# PARENTS GUIDE TO KEEPING KIDS SAFE FROM PRESCRIPTION DRUG ABUSE

### TO PREVENT CHILDREN'S PRESCRIPTION DRUG ABUSE

1. As parents, we will talk to our children about the dangers of taking medications without a prescription.
2. We will set clear rules for our children about not sharing medicine and using medication only as prescribed.
3. We will secure our medicine to prevent our children and guests from accessing it.
4. We will take stock of our medicine, regularly checking to see that nothing is missing.
5. We will encourage family and friends to follow the same guidelines to keep children safe from prescription drug abuse.



SECOND GENERATION  
**LOCK  
YOUR  
MEDS**

National Family Partnership



## YOU ARE THE KEY



**NATIONAL  
FAMILY  
PARTNERSHIP**



## AM I TO BLAME?

### A Story of Shame

There are several emotions that parents experience when dealing with a son or daughter who is using drugs. Fear in one, distrust is another, and then there is shame. Fear and distrust are to be expected when your child exhibits certain types of behavior, deception, disrespect, justification and general avoidance of other family members. Traits that are so common among these young people who have made a bad and possible fatal choice in their lives, because once usage becomes addiction, their life will become a living hell. They will no longer use drugs to feel good, they will use drugs to prevent the unbearable feeling of withdrawal. It is very important that you act on those emotions, whether it is direct communication or intervention if that becomes necessary. Shame should never be part of the equation. In the case of a young drug user, I believe shame is only self serving for a parent and counterproductive for the child.

I feel no shame regarding my son David, who lost his battle with addiction after approximately 20 years of using opiates which started at about the age of thirteen. During the periods in David's life when he used opiates, he exhibited most of the negative behavior I mentioned above. During the periods of his life, almost a seven year period, from the age of twenty five to the age of thirty two that he did not use drugs, he exhibited qualities that were the real David. He consoled others, ran N.A. meetings, and went into a prison in Florida to hold meetings for inmates. He went back to college at the age of twenty six, made the dean's list, and was accepted into a masters PHD program in Psychology at Nova Southeastern University. His dream was to get his degree so that he could help others. How can I have shame? Why he relapsed (and, within a year he was gone), I will never have the answers and will always have sadness - but, never shame.

I know other parents who have lost a child to drug addiction. I have heard some say their child died of a heart attack or some other mysterious illness. They are concerned about how their friends and acquaintances will view them as the parent of an addict. Most people, who do not understand, tend to criminalize addiction. This is and must be treated as a disease. They are worried about this negative stigma being attached to their status in the community, when they need to be forth righteous helping other parents to understand what to look for, how to deal with and possibly avoid this happening to their child.

All of us parents who have had this tragedy happen in their lives can look back at how we raised our children and think about possible mistakes made, what if I would have created a stronger bond during these formative years, spent more quality time, really focused on the relationship, would it have made a difference? This is only natural, and is a subject for another discussion. Shame or cover up does not belong in any discussion.

I spoke at David's funeral, first by acknowledging that my son dies of an overdose after struggling for twenty years with his addiction. I then went on to talk about the many good things he accomplished in his life. I closed by saying David is and always will be my hero.

The only shame a parent should experience is their own, if each day that they speak to their children they neglect to tell them that they love them, as I now do every time I talk to my daughter.

~ Howard

# HEALTH CONSEQUENCES OF PRESCRIPTION MEDICATION ABUSE

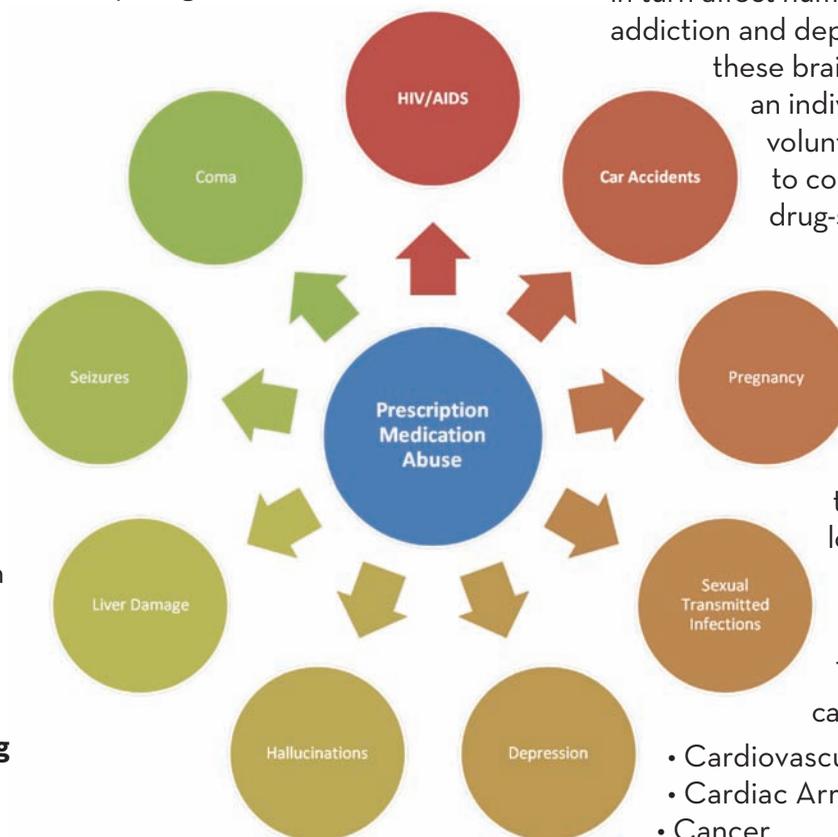
## Sexually Transmitted Infections (STI's)

Drug use/abuse, including the illegal use/abuse of prescription medications, is associated with impulsivity, impaired judgment, and risk taking like needle sharing and unsafe sex. Drug use/abuse also weakens the immune system. This combination increases the likelihood of acquiring:

- HIV/AIDS
- Hepatitis
- Genital Warts
- Herpes
- Syphilis
- Gonorrhea
- Chlamydia
- And other Sexually Transmitted Infections

More information on STI's can be found on the Broward County Health Department webpage:

[www.browardchd.org](http://www.browardchd.org)



## Drug Addiction is a Brain Disease

Although initial drug experimentation or use might be voluntary, drug abuse and dependence have been shown to alter gene expression and brain circuitry, which in turn affect human behavior. Once addiction and dependence develops, these brain changes interfere with an individual's ability to make voluntary decisions, leading to compulsive drug-craving, drug-seeking and use.

When you hear the words "consequences of drug abuse" you think of addiction, crime, social problems. However, the most immediate and long lasting problems caused can be medical in nature.

The impact of addiction can be far reaching.

- Cardiovascular disease
- Cardiac Arrhythmias and Stroke
- Cancer
- HIV/AIDS
- Hepatitis
- Other Infectious Diseases
- Lung disease
- Kidney damage
- Liver damage
- Damage to an unborn baby
- Mental Health effects
- Death

Some of these conditions may occur after just one use. Research has shown that almost every drug of abuse harms some tissue or organ.

Source: *National Institute of Drug Abuse, National Institutes of Health*

## Students Report

Students who abused prescription stimulants, e.g the ADHD medication Adderall, reported higher levels of:

- Cigarette smoking
- Heavy drinking
- Risky driving
- Abuse of marijuana
- Abuse of MDMA (Ecstasy)
- Abuse of cocaine

Source: *Harvard School of Public Health College Alcohol Study, 2001 Survey*

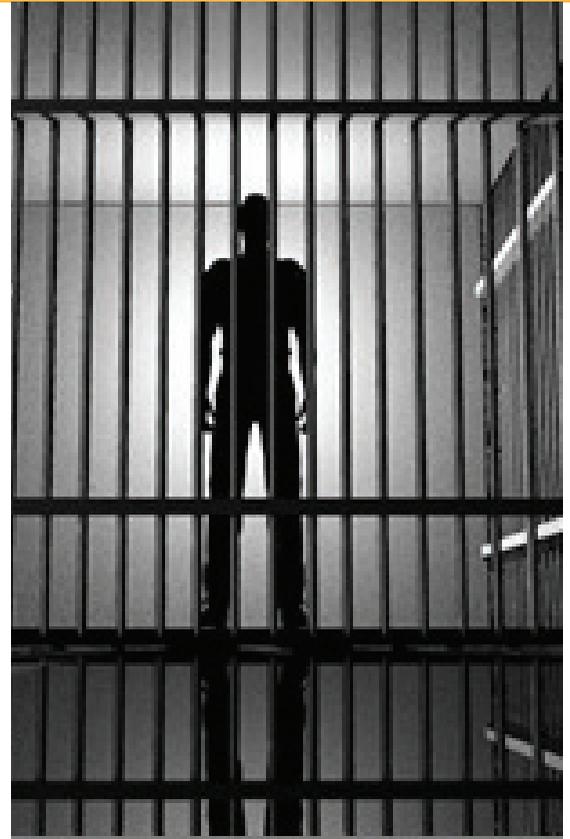
# POSSIBLE LEGAL CONSEQUENCES OF PRESCRIPTION MEDICATION ABUSE

## If They're Arrested

A phone call in the middle of the night... "Mom, I'm in jail." At least you know that your child is alive, but you need to think before you rush in, what will happen to them in the court system?

*What parents can do when their son or daughter is arrested:*

- **Bond or No Bond** - Are they better off sitting in jail until their court hearing? Or should you bond them out, and will they continue to use drugs when they are released?
  - A simple drug possession arrest is a third degree felony and the bond for a single charge is generally \$1,000. Per charge.
  - A drug trafficking arrest is a first degree felony and the bond can vary between \$75,000, up to \$500,000. Per charge.
- **Magistrate Hearing** - Judge determines if there is "probable cause" for the arrest and a bond is announced for the individual arrested (defendant). If they are in-custody, the hearing is within 24 hours. If they bond out before the magistrate hearing then their first hearing will be an arraignment hearing.
- **Arraignment Hearing** - Is a hearing where the judge gives a formal reading of the charges and asks for a plea from the defendant; a plea of guilty or not guilty is requested by the judge. If the defendant does not have an attorney, a public defender can be appointed at this time. Most individuals plead "not guilty" at this hearing; then a trial date is set for approximately 30 days from the hearing (this date can, and often is continued by the attorney's numerous times before a formal trial takes place).
- **Trial** - Every defendant is entitled to a trial, or the defendant can take a "plea", which is a negotiated sentence with the State Attorney. During the negotiation process the defense attorney, parents or other interested parties can communicate with the court to request "drug treatment or counseling" for the defendant. When the court mandates the treatment, the defendant is required to complete the treatment or they can be violated and go to jail.



## Illegal Acts

- It is illegal to alter, change, or manufacture a prescription to obtain any medication.
- It is illegal to order prescription medication over the internet or from outside the United States without a legal prescription.
- It is illegal to transfer any prescribed medication to any other individual (even giving a friend or family member one pill is an illegal act).
- It is illegal to obtain a controlled substance, or one of like therapeutic value for any medical issue, from a second physician without advising the second physician that you have already received a similar controlled substance. This is referred to as doctor shopping.

# PENALTIES OF PRESCRIPTION MEDICATION POSSESSION

## State Possession and Trafficking Penalties

All Schedule III-V drugs and Schedule II drugs (Oxycodone, Hydrocodone and Hydromorphone)	Any amount	<b>First Offense:</b> Not more than 5 yrs. If death or serious injury, not less than 20 yrs, or more than Life.
	Less than 4 grams	<b>Second Offense or other prior criminal offenses:</b> Increases potential penalty based upon number of priors and type of offense(s)
Schedule II drugs (Oxycodone, Hydrocodone and Hydromorphone)	4 grams - 14 grams	<b>First Offense:</b> Mandatory Minimum of 3 years. Fine of \$75,000 and bond of \$75,000.
	14 grams - 28 grams	<b>First Offense:</b> Mandatory Minimum of 15 years. Fine of \$250,000 and bond of \$250,000.
	28 grams - 30 kilo	<b>First Offense:</b> Mandatory Minimum of 25 years. Fine of \$500,000 and bond of \$500,000.

\* In the State of Florida, Hydrocodone is considered a Schedule II Drug for criminal offenses.

## Federal Trafficking Penalties

Schedule I & II drugs Cocaine, Heroin, Oxycodone, Hydromorphone	Any amount	<b>First Offense:</b> Not more than 20 yrs. If death or serious injury, not less than 20 yrs, or more than Life. Fine \$1 million if an individual, \$5 million if not an individual.
		<b>Second Offense:</b> Not more than 30 yrs. If death or serious injury, not less than life. Fine \$2 million if an individual, \$10 million if not an individual
Other Schedule III drugs Hydrocodone	Any amount	<b>First Offense:</b> Not more than 5 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual.
		<b>Second Offense:</b> Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if not an individual
All other Schedule IV drugs Alprazolam Valium Clonazepam Phentermine And others...	Any amount	<b>First Offense:</b> Not more than 3 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual.
		<b>Second Offense:</b> Not more than 6 yrs. Fine not more than \$500,000 if an individual, \$2 million if not an individual.
All Schedule V	Any amount	<b>First Offense:</b> Not more than 1 yr. Fine not more than \$100,000 drugs if an individual, \$250,000 if not an individual.
		<b>Second Offense:</b> Not more than 2 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.

# THE FLORIDA MARCHMAN ACT

## Who's Eligible?

A court may grant a Petition for Involuntary Assessment, Stabilization and/or Treatment, if it is determined that there is a reasonable belief that the child is substance abuse impaired and the child:

- (a) Has lost the power of self control with respect to substance use; and either
- (b) Has inflicted or is likely to inflict physical harm on him/herself or others unless admitted; or
- (c) The person's judgment is so impaired they are incapable of appreciating the need for care and making a rational decision regarding such care; or
- (d) The person has refused to seek voluntary care.

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## How do I File a Marchman Act Petition?

In order to initiate a Marchman Act preceding you must go to the Mental Health Division of the Broward County Courthouse, Clerk of the Court located in the Main Courthouse (or, respective local court house). There you will be provided documentation for your execution to initiate a Petition for Involuntary Assessment and Stabilization.

Generally, there is no fee associated with filing a Marchman Act Petition. However, it should be noted that the above information has been provide to familiarize you with the very basics of the Florida Marchman Act. Additional pleadings, requests and petitions for further treatment options will need to be filed in the future. Although the Marchman act is designed to initiate the process by yourself, the complexity of any given situation may suggest that you seek the assistance of a skilled and trained attorney. This material is meant to be a general overview of the Marchman Act process and to educate you as to resources that are available from the court for families who find themselves in need of substance abuse services.

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**For a free consultation on  
Florida's Marchman Act, please go to:  
[www.arlshelp.com](http://www.arlshelp.com)**

## What is the Marchman Act?

Most simply put, the Florida Marchman Act is a civil procedure that allows the friends or family of someone who is substance abuse impaired to confidentially petition and ask the court to help them address their loved ones substance abuse problem.

Based upon this petition, the court can issue an order that requires the impaired individual to enter into a court supervised and monitored, drug and alcohol intervention, assessment, stabilization and/or treatment.

However, it should be noted that the intention of the Marchman Act court is to provide treatment, not punishment.

A family member should not fail to file a Marchman Act petition out of concern that they are subjecting their loved one to interaction with law enforcement.

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Should I contact  
an attorney?

**YES!**

If you're considering  
the Marchman Act for a  
family member, it is highly  
recommended to contact  
an attorney.

To locate a lawyer,  
please go to:

**[www.browardbar.org](http://www.browardbar.org)**

# ADDICTION IS A TREATABLE MEDICAL CONDITION

## Science & Addiction

Throughout much of the last century, scientists studying drug abuse labored in the shadows of powerful myths and misconceptions about the nature of addiction. When science began to study addictive behavior in the 1930s, people addicted to drugs were thought to be morally flawed and lacking in willpower. Those views shaped society's responses to drug abuse, treating it as a moral failing rather than a health problem, which led to an emphasis on punitive rather than prevention and treatment. Today, thanks to science, our views and our responses to drug abuse have changed dramatically. Groundbreaking discoveries about the brain have revolutionized our understanding of drug addiction, enabling us to respond effectively to the problem.

As a result of scientific research, we know that addiction is a disease that affects both brain and behavior. We have identified many of the biological and environmental factors and are beginning to search for the genetic variations that contribute to the development and progression of the disease. Scientists use this knowledge to develop effective prevention and treatment approaches that reduce the toll drug abuse takes on individuals, families, and communities.

*Nora Volkow, M.D.*  
*Director National Institute on Drug Abuse*

## What are the basic symptoms of addiction?

The primary symptoms of addiction include Tolerance (development of resistance to the effects of alcohol or other drugs over time) and Withdrawal (a painful or unpleasant physical response when the substance is withheld). Many people with this illness deny that they are addicted. They often emphasize that they enjoy drinking or taking other drugs. In addition to Tolerance and Withdrawal other symptoms include:

- Inability to control drug use
- Continued drug use despite negative consequences
- Significant time spent on getting drugs
- Avoidance of work, family, or social activities
- A desire to cut down, stop use, or previous failed attempts at stopping

*Brenda LaVar, Ph.D.*  
*Comprehensive Training Center, Inc.*



## What's a relapse?

People recovering from addiction can experience a lack of control and return to their substance use at some point in their recovery process. This faltering, common among people with most chronic disorders, is called relapse.

To non-recovering people, relapse is one of the most perplexing aspects of addiction. Millions of Americans who want to stop using addictive substances suffer tremendously, and relapses can be quite difficult for the family, but ARE part of the recovery process.

*Brenda LaVar, Ph.D.*  
*Comprehensive Training Center, Inc.*

## How does it get more serious?

Addiction grows more serious over time. The progression can be measure by the amount, frequency and context of a person's substance use.

As their illness deepens, people need more alcohol or other drugs; they use more often, use more of the substance and use in situations they never imagined when they began to drink or take drugs. The illness becomes harder to treat and the related health problems surface such as organ disease.

*Brenda LaVar, Ph.D.*  
*Comprehensive Training Center, Inc.*

# YOU SUSPECT THEY'RE USING?

## Is my child using drugs?

**Parent: The Anti-Drug provides this watch list for parents:**

- Changes in friends.
- Negative changes in schoolwork, missing school, or declining grades.
- Increased secrecy about possessions or activities.
- Use of incense, room deodorant, or perfume to hide smoke or chemical odors.
- Subtle changes in conversations with friends, e.g. more secretive, using "coded" language.
- Change in clothing choices: new fascination with clothes that highlight drug use.
- Increase in borrowing money.
- Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid, common household products); Rags and paper bags are sometimes used as accessories.
  - Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils.
  - New use of mouthwash or breath mints to cover up the smell of alcohol.

## Overdose

If you suspect an overdose, seek hospitalization immediately!

Request the emergency room physician to Baker Act them for psychological evaluation. Generally they are held no more than 72 hours and released; any drug treatment must be requested and paid for by the patient, or in the case of a juvenile, by the parents of the patient.

## Suggestions

There are many resources out there for parents when they suspect that their son or daughter is using drugs. While it may be necessary at some point, harsh confrontation, accusing, and/or searching their room or personal belongings can be disastrous. The first step is an honest conversation. Parent: The Anti-Drug offers this advice:

Here are some suggested things to tell your son or daughter:

- You LOVE him/her, and you are worried that he/she might be using drugs or alcohol;
- You KNOW that drugs may seem like the thing to do, but doing drugs can have serious consequences;
- It makes you FEEL worried and concerned about him/her when he/she does drugs;
- You are there to LISTEN to him/her;
- You WANT him/her to be a part of the solution;
- You tell him/her what you WILL do to help him/her.
- Know that you will have this discussion many, many times. Talking to your kid about drugs and alcohol is not a one-time event.

For more information, please go here:  
<http://timetoact.drugfree.org>



## Be Aware!

**Youth can get any drug they want. You can't be everywhere to watch, but you can inform, be supportive, and be available to talk!**

## WHERE TO TURN?

*Although at times it might feel like you're hands are tied if your loved one won't seek treatment, you, as a parent, have several options to encourage treatment:*

1. *Contacting a private psychologist or psychotherapist, requesting a consultation, to determine if a substance abuse intervention is warranted.*
2. *Contact an attorney and seek a Marchman Act injunction*
3. *Request treatment if in Court.*



## What's Treatment?

“Drug treatment is intended to help addicted individuals stop compulsive drug seeking and use. Treatment can occur in a variety of settings, in many different forms, and for different lengths of time. Because drug addiction is typically a chronic disorder characterized by occasional relapses, a short-term, one-time treatment is usually not sufficient. For many, treatment is a long-term process that involves multiple interventions and regular monitoring.”

~ The National Institute on Drug Abuse

## SOME RECOVERY RESOURCES

AA	<a href="http://www.aabroward.org">www.aabroward.org</a>
NA	<a href="http://www.southbrowardna.org">www.southbrowardna.org</a> <a href="http://www.goldcoastna.org">www.goldcoastna.org</a> <a href="http://www.soflarscna.org">www.soflarscna.org</a>
Al-Anon/Al-Ateen	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>
NAR-Anon	<a href="http://www.nar-anon.org">www.nar-anon.org</a>
SMART Recovery	<a href="http://www.smartrecovery.org">www.smartrecovery.org</a>
Other	<a href="http://www.intherooms.com">www.intherooms.com</a>

## LOCAL HELP

211 Broward First Call For Help -  
Dial 211 or 954-537-0211 or visit  
[www.211-broward.org](http://www.211-broward.org)

MHA of Broward Connections Resource Locator -  
Dial 954-746-2088 or visit:  
[www.mhabroward.org](http://www.mhabroward.org)

The Florida Department of Children and  
Families Treatment Locator  
[www.dcf.state.fl.us](http://www.dcf.state.fl.us)

NOPE Task Force -  
Dial 561.478.1055 or visit:  
[www.nopetaskforce.org](http://www.nopetaskforce.org)



*Family members whose loved ones are using substances can find it extremely helpful to attend Al-Anon. Please go here to locate a meeting closest to you:*

[www.southfloridaal-anon.org](http://www.southfloridaal-anon.org)



# OUR PARTNERS



King Pharmaceuticals



When nothing else works...  
Addiction Recovery Legal Services



## WITH OUR GRATITUDE...

I would like to take a moment to express my extreme gratitude for all of the hard work and personal dedication that has been poured into this undertaking by our task force members with the support of our local partners. Special thanks is extended to our project leader, Dr. Brenda Lavar; to all her committed team members for their heartfelt efforts; and, especially to King Pharmaceuticals for their generous donation to make this project a reality. We hope that our toolkit offers hope and guidance to our community when they need to know they are not alone. We Live United.

Regards,

Lisa McElhaney, Chair  
Prescription Drug Abuse Task Force