

NEW DAY NEWS



351 NORTH STATE ROAD 7, SUITE 200, PLANTATION, FLORIDA 33317 (954) 327-4060

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OTC MEDICATION ABUSE



The cough suppressant Dextromethorphan (DXM) is found in more than 140 cough and cold medications that are available without a prescription (i.e., “over-the-counter,” or OTC) in the United States and is generally safe when taken at the recommended doses.

When taken in large amounts, however, DXM can produce hallucinations or dissociative, “out-of-body” experiences similar to those caused by the hallucinogens phencyclidine (PCP) and ketamine and can cause other adverse health effects.



- ❖ About 3.1 million persons aged 12 to 25 (5.3 percent) had ever used an over-the-counter (OTC) cough and cold medication to get high (i.e., “misused” the drug), and nearly 1 million (1.7 percent) had done so in the past year.

- ❖ Among youths aged 12 to 17, females were more likely than males to have misused OTC cough and cold medications in the past year, but among young adults aged 18 to 25, males were more likely than females to have misused these medications

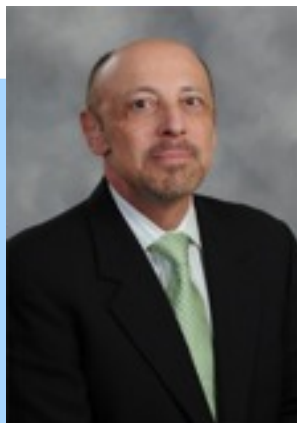


- ❖ Among persons aged 12 to 25 who had misused an OTC cough and cold medication in the past year, 30.5 percent misused a NyQuil® product, 18.1 percent misused a Coricidin® product, and 17.8 percent misused a Robitussin® product.

Diphenhydramine is a first generation antihistamine mainly used to treat allergies and also has a powerful hypnotic effect. It is produced and marketed under the trade name Benadryl. It is also found in the name-brand products Nytol, Unisom, Tylenol PM, and Advil PM. Diphenhydramine tablets are frequently crushed and mixed with other substances including heroin (“Cheese”) as both a bulking agent and also for its sedative effect.

Over-the-counter medications are relatively low in cost and are often purchased in two-pill packs or frequently shoplifted.

Trauma and Recovery



Joel Kaufman, Ph.D.
CEO

Life early on may present us with situations that are often difficult to cope with and can even overwhelm us. Each person is unique in the way they learn to cope and adapt to traumatic and challenging situations. Also, unfortunately at times the situation and the accompanied pain may be too much and a person may choose to take their own life. Why does one person learn to cope through the use of alcohol or drugs? Why another through sex or eating? Why another through becoming adept at dissociating (= a detachment of the mind from an emotional state or even from the body)? There are many theories and explanations related to this.

One key point though is that many times the very coping mechanism (s) that we developed to adapt to traumatic and difficult situations early on, may be the very thing that is causing us consequences later on in our lives.

In working with someone who is a survivor of trauma and early abuse, it is important to validate and acknowledge what they needed to do to survive and cope with the situation and also to work with the individual to develop more positive and less destructive coping styles for the present day. Early traumatic and abusive situations are common “underlying issues” in working with people who have addictive issues and disorders.

Please feel free to send me your comments or thoughts regarding the newsletter or please use it as an opportunity to keep in touch. I can be reached at Joel@startingplace.org

We want to make a difference

Making a difference in people’s lives is what is most important to us. Please find in what follows, recent feedback from a parent whose son was a client in our outpatient program: “Thanks to the Starting Place team, my son stopped smoking pot. Following that point in his recovery, he has been more respectful at home and is even complying with his curfew. All his counselors have noticed that he is swiftly becoming a different kid - at long last. Let’s keep our fingers crossed that he is finally making real progress. Whether this is change we can believe in - lasting abstinence from pot and alcohol and improvements in his behavior and decision-making - only time will tell. Thanks for your help - and for your prayers. It would be wonderful for all of us to have a victory as the culmination of this process.” - J. Ordonez

Our services and how to contact us

We currently provide outpatient substance abuse and mental health services to youth and adults. Our services include assessments, individual counseling, relationship and couple counseling, family counseling, case management, psycho-educational and therapy groups, school based services, and aftercare services. Services are office -based and in-home and school-based. Our hours are tailored to meet the needs of our clients. Fees are based on a sliding scale and we also accept a few different insurances.

If you would like to set up an appointment or speak to someone further about our services, please contact us at (954) 327-4060. You can also check us out at our website at www.startingplace.org