



**"The future depends on what we do in the present."** - Mahatma Gandhi

## Prescription drug abuse

Prescription drug abuse means taking a prescription medication that is not prescribed for you, or taking it for reasons or in dosages other than as prescribed. Abuse of prescription drugs can produce serious health effects, including addiction. Commonly abused classes of prescription medications include opioids (for pain), central nervous system depressants (for anxiety and sleep disorders), and stimulants (for ADHD and narcolepsy). Opioids include hydrocodone (Vicodin®), oxycodone (OxyContin®), propoxyphene (Darvon®), hydromorphone (Dilaudid®), meperidine (Demerol®), and diphenoxylate (Lomotil®). Central nervous system depressants include barbiturates such as pentobarbital sodium (Nembutal®), and benzodiazepines such as diazepam (Valium®) and alprazolam (Xanax®). Stimulants include dextroamphetamine (Dexedrine®), methylphenidate (Ritalin® and Concerta®), and amphetamines (Adderall®).

Long-term use of opioids or central nervous system depressants can lead to physical dependence and addiction. Opioids can produce drowsiness, constipation and, depending on amount taken, can depress breathing. Central nervous system depressants slow down brain function; if combined with other medications that cause drowsiness or with alcohol, heart rate and respiration can slow down dangerously. Taken repeatedly or in high doses, stimulants can cause anxiety, paranoia, dangerously high body temperatures, irregular heartbeat, or seizures.

Find more information on: <http://drugabuse.gov/drugpages/prescription.html>

### EVENTS AT SEDLACEK:

**Sedlacek Alumni:** Visit us on Facebook for upcoming activities and events which support a clean and sober lifestyle.

**Family Program:** Free and open to the public the 2<sup>nd</sup> Tuesday of every month from 5:30 p.m. - 6:30 p.m. Join us to learn more about substance abuse and dependency, Learn about community resources and visit with a certified drug and alcohol counselor.

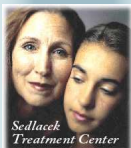
## Holiday blues

Many factors can cause the "holiday blues": stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one's family and friends. The demands of shopping, parties, family reunions and house guests also contribute to feelings of tension. People may also develop other stress responses such as headaches, excessive drinking, over-eating and difficulty sleeping.

Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded by the excess fatigue and stress.

- Make a list and prioritize the important activities.
- Be realistic about what you can and cannot do.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Leave "yesteryear" in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don't set yourself up in comparing today with the "good ol' days."
- Do something for someone else. Try volunteering some of your time to help others.
- Be aware that excessive drinking will only increase your feelings of depression.
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.
- Save time for yourself! Recharge your batteries!

<http://www.nmha.org>



**Sedlacek  
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For more  
information  
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## "Robotripping"

Recently we have been working with more individuals who have had the experience known as "robotripping." Robotripping is a term that has been associated with consuming massive amounts of Robitussin and experiencing effects similar to PCP and ketamine.

Robitussin Cough and Chest Congestion DM USP® is a widely abused street drug. It contains the active ingredients dextromethorphan (DXM), a cough suppressant, and guaifenesin, an expectorant which loosens phlegm in the lungs. DXM is responsible for the cough syrup's sought-after psychoactive effects when abused at high doses, and coupled with guaifenesin, can cause harmful, potentially deadly effects.

Someone who has consumed large quantities of DXM may have no idea where they are, what time of day or night it is, and may be unable to speak intelligibly. Along with Robitussin's dissociative effects comes a heavy state of sedation, during which the abuser may become unconscious. The National Drug Intelligence Center reports that high doses of DXM can produce effects similar to the illegal drugs ketamine and PCP. At high doses, this vomiting can be severe and occur repeatedly during the abuser's "trip."

Any of a host of adverse side effects can arise with use of Robitussin Cough and Chest Congestion DM® syrup even at recommended doses, and the severity of these is greatly amplified as the amount consumed increases. According to the University of Maryland, abusers of Robitussin may experience side effects including rashes, sweating, hot flashes, increased blood pressure, and possible seizure. Abuse of the cough syrup may also result in brain damage--and even death. Seizures and unconsciousness can lead to fatal results with Robitussin abuse. However the dissociative effects can be equally deadly.

**Read more:**  
<http://www.livestrong.com/article/212164-the-effects-of-the-abuse-of-robitussin-chest-congestion-syrup-usp/#ixzz1qXBvsBFB>

## Check out this book:

**"Setting Boundaries with  
Your Adult Children:  
Six Steps to  
Hope and Healing for  
Struggling Parents."**

*By: Allison Bottke*