

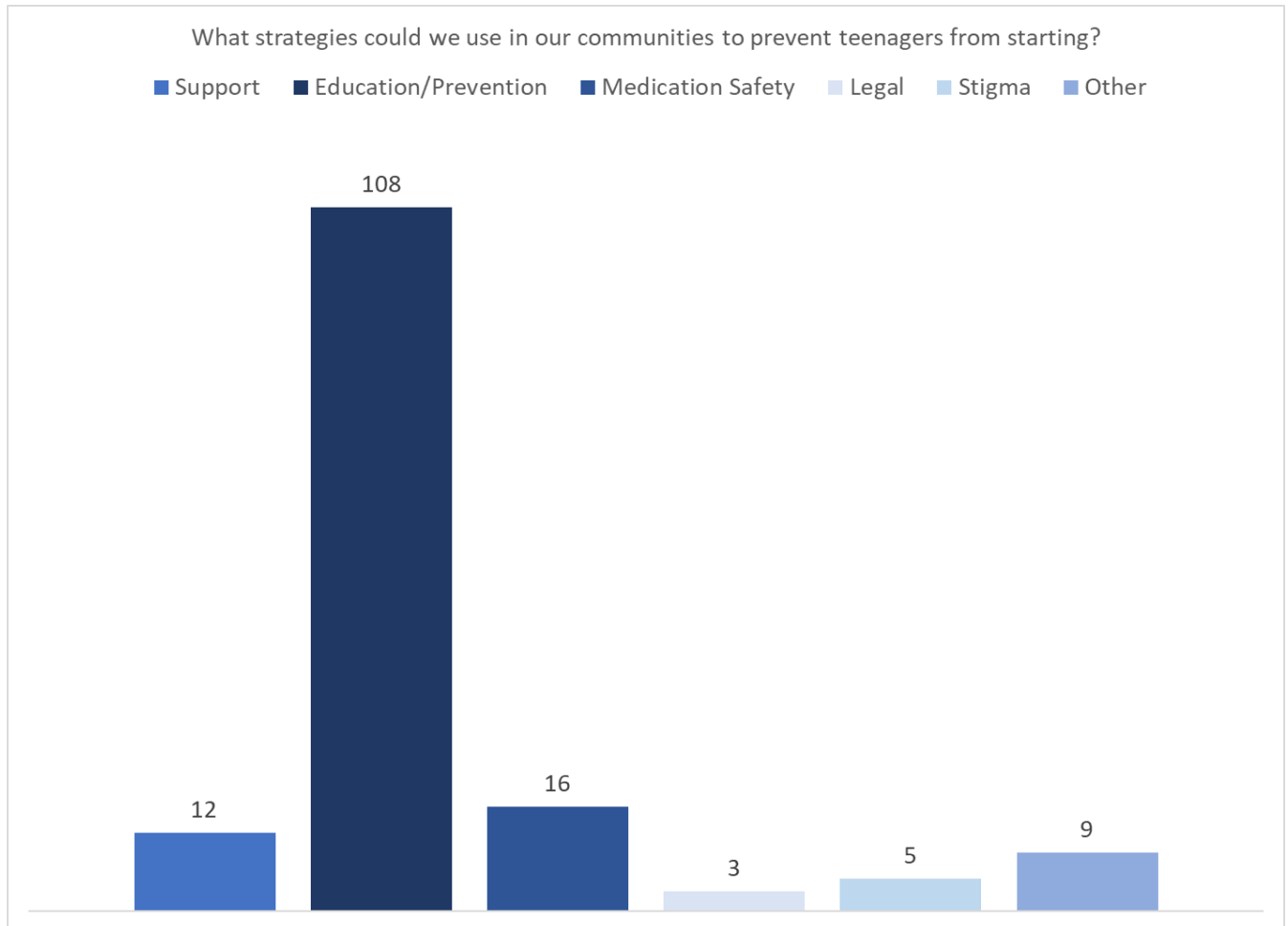
OPIOID SUMMIT IN SOUTHWEST MISSOURI

**Joplin Missouri
October 17, 2017**

Roundtable Written Responses Grouped by Type

PREVENTION

What strategies could we use in our communities to prevent teenagers from starting?



Detail - Roundtable Written Responses

What strategies could we use in our communities to prevent teenagers from starting?

Open communication with kids about the risks of any drug use in the family
Addiction panels assembly where kids and parents are or can be involved
Parents need to know that their behaviors matter
Educating parents that just because an opioid is prescribed, you don't have to take it
Setting expectations in the home
Better partnership with medical home
Awareness of the danger of pills
Educating teachers, students and parents of the danger of prescription drugs
Use same language
Mental health needs addressed
Have more presenters with real life experiences come in
Explain this is a suburban problem
Expand on D.A.R.E.
Expand PBS in schools to address
Parent education around drugs and prevention advocate for open conversations
Letting people know what resources are available for them in crisis mode
Lack of coping skills and life skills
Teach parents to teach life skills and coping skills
Programs like D.A.R.E.
Education with health care providers
Increase efforts with families of teens
Parent meetings at school
Get schools to engage parents on issues regarding drugs
Coping skills starting in early childhood
Generation RX starting in early elementary school
Community plan that involves parents - focus on family
Same general message to family units -one overall message
Promoting family activities/education
Physician education
Stop prescribing opioids after injury and surgery
Locking up or disposing of medication
Lock up medications
D.A.R.E.
Early education on coping skills
Establishing relationships with medical providers
Pre-teen reality info about addiction
Denial
Stigma
Education with health care providers
Preparedness
Building resilience in earlier years

Life skills
Family communication improvement
Shape program for families affected by incarceration
Increase number of school counselors
Enhance after school options
Parental education
Public education programs
Get your teen involved in the community
Provide medication education
Educate parents to lock up medications
Educate teens on safety and risk
Stop romanticizing on TV, social media, culture
Promoting counseling and aid over medication
Pain management and coping mechanisms to children at a younger age
After school program, Teens to mentor
Education for kids and parents/grandparents
More programs available to children and teens
Educate families of young children through home visitation programs such as Parents as Teachers
Starting prevention/awareness programs earlier in elementary school
Provide programs/information through social media or phones
Provide more entertainment/activities in rural areas especially so they stay busy and are less bored
Educate parents
Accountability for parents
Increase legal consequences for supplying children
Higher taxes for drug companies to pay for treatment and education
Exposure to peer victims
Coping skills
Earlier start
Start in grade school (education)
Parent education
Education of parents and kids at earlier ages
Community mentoring program
More parent/school involvement
Community education - ongoing
Start the conversations before they are teens
Conversations coming from various people
Parents - more education, be in your kid's business
Teach accountability for actions
Have people who had real life addictions talk to them about the realities
More open conversations, don't sugar coat to protect
Community education for adults being prescribed opioids of risks to kids
Education for parents of child being prescribed opioid - what to expect
Request small quantity of prescription
Better awareness and availability of drug take back opportunities
Provider education

Education that starts early
Programs that support the family
Educate our medical professionals
Teaching coping mechanisms
More resources to school to teach skills needed to stay away from vulnerable tendencies
Making more students have self-efficacy
Reduce screen time, too much time with technology can reduce coping abilities
Schools could develop mental health practices so staff know how to react
Early education
Educate parents on alternative
Educate doctors on not "quick draw" solution
Educate public more on drug take back
Teaching coping skills at a young age
Ask students questions, foster discussion
Effective teaching strategies
Be approachable
Talk with families to prevent/ become aware
Keep medicine in safe/ locked up
Become more personable with addicts/community
Watch what they take
Lock up medications
Positive activities
Relationships
Fusion programs
Parents need to get off drugs
Coping skills
Start early
Break the cycle
Get better foster parents
Barriers to becoming foster parents
Recruit higher caliber foster parents
Conflicting messages heard on this subject
Prescription regulations
Education for parent
Continuing education
Safe place for children to make someone aware of home life
Education and support on development of coping mechanisms
Deal with self-esteem and with other emotional and mental situations
Coping skills
Community awareness
Family communication
Mentoring programs
Support and system for youth
Less technology - Lack of social skills
Teaching life skills
Generation Rx or similar education programs in all schools

Start with adults first who model, monitor and educate those children the have contact with
Education on coping and drugs being prescribed
Closer medical monitoring
Expose all kids to education
Honest conversations with teens from parents, schools, churches
More focus on prevention and implementing it in school
Teaching kids how to cope with the difficulties in life at an early age
Mental health programs in schools can help with this
Involve parents in prevention knowledge
Let parents know how important it is to teach your kids healthy coping skills
The importance of awareness and signs to watch for in their children and their children's friends
It starts at home and school, where children spend the majority of their time
Less prescribing of opioids in general but especially for those working with children and adolescents
Need to make schools aware of things going on in their school and importance of their recognizing it and reaching out to professionals to help with the problem. Bring the help to the schools
Education for parents and kids
Don't prescribe them opioids for any reason unless they have a complex chronic illness
Teens aren't old enough to check themselves into treatment facilities without parental consent so why do we prescribe them these medications?
More penalties that are stricter for first offense
Mentoring programs
Parenting help
Avoid prescribing opiates at such a young age
Working with children in counseling addressing substance use disorder