



## *CLOSINGS*

*We will be closed on December 26, 2005 for the Holiday We will also be closed on January 2, 2006 for New Year's*



United Community Services, Incorporated is a Substance Abuse Treatment Center. We have many different treatment options and if you desire to enroll in a program, please meet with your counselor to make such arrangements.

### **Programs of United Community Services Inc. Include:**

1. Adult Intensive Outpatient
2. Adult Extended Outpatient
3. Methadone Maintenance
4. Continuing Care
5. S.A.G.E. (Substance Abuse Education Program)
6. Polk County In-Jail Treatment Program

### **Other services include:**

Women's Group, Aftercare, Hispanic Group and Relapse Prevention

United Community Services, Incorporated office hours are:  
Monday thru Thursday from 7:30-5:00, and Friday from 7:30 to 12:00

**The buzz takes your breath away. Permanently.**

Misuse of prescription pain relievers can kill you.

### ***If you think you've heard it before, you're dead wrong.***

*How many times has someone told you a "party" drug could lead to more serious problems - like addiction, brain damage, or even death? You've probably heard it so many times; it's getting hard to believe. Especially when people around you are smoking, drinking, and rolling. But all drugs have real potential for harm - even prescription pain relievers. When abused alone, or taken with other drugs, prescription pain medications can kill you. And the death toll from misuse and abuse is rising steadily.*

### ***Think twice-because you only die once.***

Prescription pain relievers, when used correctly and under a doctor's supervision, are safe and effective. But abuse them, or mix them with illegal drugs or alcohol, and you could wind up in the morgue. Even using prescription pain relievers with other prescription drugs (such as antidepressants) or over-the-counter medications (like cough syrups and antihistamines), can lead to life-threatening respiratory failure. That's why people just like you are dropping pills at parties, and dropping dead. They're not downing handfuls of pills, either. *With some prescription pain relievers, all it takes is one pill.*

## ***Drugs to watch out for.***

The most dangerous prescription pain relievers are those containing drugs known as opioids, such as morphine and codeine. Some common drugs containing these substances include Darvon<sup>®</sup>, Demerol<sup>®</sup>, Dilaudid<sup>®</sup>, OxyContin<sup>®</sup>, Tylenol<sup>®</sup> with Codeine, and Vicodin<sup>®</sup>. Your friends probably call these drugs by their street names: ac/dc, coties, demmies, dillies, hillbilly heroin, o.c., oxy, oxycotton, percs and vics to name a few. *Whatever you call them, remember one thing - they can be killers.*

## ***Symptoms of overdose.***

*If you, or any of your friends, have taken prescription pain relievers, here are the danger signs to watch for:*

- Slow breathing (less than ten breaths a minute is really serious trouble)
- Small, pinpoint pupils
- Confusion
- Being tired, nodding off, or passing out
- Dizziness
- Weakness
- Apathy (they don't care about anything)
- Cold and clammy skin
- Nausea
- Vomiting
- Seizures

A lot of these symptoms can make people think your friend is drunk. And you may be tempted to let them sleep it off, or tell their parents they had too much to drink. But don't. Your friend could go to sleep and never wake up.

## ***What you can do if a friend is overdosing.***

*Make an anonymous call to 911 or your friend's parents if you're too scared to identify yourself.* Try to get your friend to respond to you by calling out his/her name. Make your friend wake up and talk to you. Shake him/her if you have to. Otherwise, your friend could suffer brain damage, fall into a coma, or die.

## ***Addiction can be a living death.***

If you abuse prescription pain relievers and are lucky enough to cheat death, you're still in big trouble. *Prescription pain relievers can be addictive. The longer you take them, the more your body needs.* Try to stop, and you could experience withdrawal symptoms.

Addiction to prescription pain relievers is like being hooked on heroin and the withdrawal isn't much different: bone and muscle pain, diarrhea, vomiting, cold flashes and insomnia.

If you, or someone you know, is abusing or is addicted, get professional help. You'll find many resources listed here. You can also ask for help from parents, doctors, relatives, teachers, or school guidance counselors. Substance abuse ruins lives. Don't let it happen to your friends - or you.

If you, or someone you know, is hooked on prescription pain relievers, call the substance abuse treatment 24-hour helpline:  
**1.800.662.HELP**

**We would like to wish everyone a HAPPY, FUN, and SAFE Holiday Season!**

**United Community Services, Incorporated-401 SW 8<sup>th</sup> Street-Des Moines, Iowa-50309 phone: 280-3860**