



StopMedicineAbuse.org

Dear Parent or Guardian:

We want to alert you to a type of substance abuse that many parents are not aware of yet: teen cough medicine and other Over-The-Counter (OTC) medication abuse. Drug abuse among teens has long been a challenging issue. Alcohol and marijuana abuse, for example, are fairly well known by parents; however, through this letter we hope to help you become more informed about teen medicine abuse and how you can keep your teens safe and healthy.

To help you learn about medicine abuse and how to prevent it, the National Association of School Nurses (NASN) and the Consumer Healthcare Products Association (CHPA) have teamed up to launch Home to Homeroom. An educational program spearheaded by school nurses nationwide, Home to Homeroom is focused on enlisting parents in teen medicine abuse prevention with a goal of raising awareness about this type of teen substance abuse. The reason is simple: Parents play a pivotal role in keeping teens drug-free. Research indicates that kids who have regular conversations with their parents about the risks of drug abuse are up to half as likely to not abuse drugs.

The Home to Homeroom campaign and the Consumer Healthcare Products Association have numerous tools to help you learn more about the risks of cough medicine abuse and how to keep your children safe. You can access these free materials online at <http://stopmedicineabuse.org> and [http://www.chpa-info.org/issues/DXM\\_Overview.aspx](http://www.chpa-info.org/issues/DXM_Overview.aspx) :

**Home to Homeroom Brochure and Tip Sheet:** Downloadable materials with answers to parents' most frequently asked questions

**Home to Homeroom Communities:** Growing social networks for information sharing and support are available at StopMedicineAbuse.org, on Facebook, and at @StopMedAbuse on Twitter

**Home to Homeroom Digest Articles:** Series of educational articles developed by school nurses on the range of tools and resources available across the Internet to prevent medicine abuse

**Need to Know Facts:** The web site contains information like slang terms for cough medicine abuse, the health risks of abuse, warning signs that your teens may be abusing, and resources for professional help if you suspect your child might have a substance abuse problem

**Brochures** – Guia para los padres/Preventing Teen Cough Medicine Abuse and The Real Truth

Please join us in this campaign by accessing the websites listed and talking with your children about cough medicine and other OTC medication abuse.

Feel free to contact Goshen Community Schools at 574 533-8631.

Together we can keep your teens safe, healthy, and ready to learn.

Sincerely,

Susan Stiffney, RN, BSN  
Goshen Community Schools  
Health Services Coordinator

Diane Woodworth  
Goshen Community Schools  
Superintendent

