

# OPIOIDS & SPORTS





# WHAT YOU NEED TO KNOW ABOUT OPIOIDS & STUDENT ATHLETES

Taking part in school sports and community recreation activities is an important part of how Massapequa youth develop into healthy adults. Unfortunately, injuries can, and do, occur as more than 2.6 million children 0 to 19 years old are treated in the emergency department each year for sports and recreation-related injuries (Centers for Disease Control).

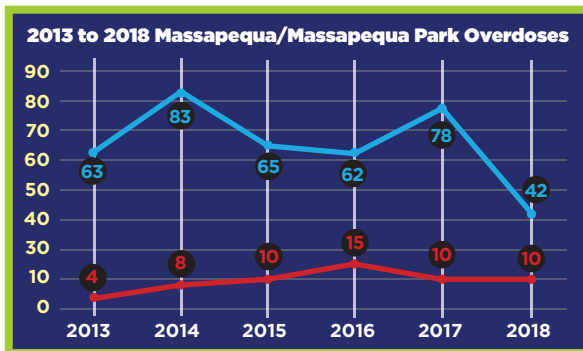
In the Massapequas, over 80% of youth (grades 7 to 12) reported playing on a school athletic team, running, cheering or exercising on their own (2015 YDS Survey). In addition, 33% of youth (grades 7 to 12) reported being treated for an injury or surgery where they were prescribed pain medication (2018 PFS Survey). When athletes are prescribed pain medication after an injury or surgery, they may receive opioids, which can be misused or abused if not monitored carefully. Opioids & Sports is distributed by Massapequa Takes Action Coalition (MTAC) and outlines key facts regarding the dangers associated with prescription opioids. Parents and caregivers should always consult with their child’s doctor regarding prescription medications. In 2014, MTAC was awarded the Partnership for Success! (PFS) Grant through the New York State Office of Alcoholism and Substance Abuse Services (NYS OASAS). MTAC seeks to reduce prescription drug, heroin and opioid abuse among 12 to 25-year-olds in the Massapequas. Our goal is to effect sustainable change in the prevention of opioid misuse and risk behaviors.



**High school athletes account for an estimated 2 million injuries, 500,000 doctor visits and 30,000 hospitalizations each year (stopsportsinjuries.org and American Orthopaedic Society for Sports Medicine).**



**Nearly 1/4 of NCAA student-athletes reported using prescription pain medication. Student-athletes who reported ADHD medication use were more likely to use without a prescription (NCAA Student-Athlete Substance Use Study).**



● Non-Fatal Opioid Overdoses ● Fatal Opioid Overdoses  
Source: Nassau County Police Department

## THE OPIOID EPIDEMIC IN THE MASSAPEQUAS

From 2016 to 2019, MTAC and YES Community Counseling Center trained over 800 Massapequa residents to administer Naloxone which reverses an opioid/heroin overdose.

# ABOUT PRESCRIPTION OPIOIDS



Prescription opioids are narcotic pain medications that are prescribed for people with moderate to severe pain.

## OPIOIDS

- Hydrocodone
- Oxycodone
- Oxymorphone
- Hydromorphone
- Meperidine
- Diphenoxylate
- Codeine
- Fentanyl
- Morphine

## COMMON BRAND NAMES

- Vicodin®
- Oxycotin®
- Opana®
- Dilaudid®
- Demerol®



What should parents or caregivers do if prescription pain medication is recommended for their injured athlete?

Speak openly with a doctor and ask:



- What does this medication do?
- How is this medication taken?
- What are the risks if this medication is not taken as directed?
- Is this medication addictive?
- Over time, how can the level of pain be measured to determine whether this medication is needed?
- Is there a different medication or method that can alleviate pain?
- What are the side effects of drinking alcohol (if over 21) while taking this medication?
- What are the steps to secure and monitor medication?
- Where can medication be disposed of if it is unused or expired?

# WHAT TO DO WHEN SPORTS INJURIES OCCUR

- Be honest about the limitations and discomfort that injuries pose. Pain exists for a reason. Ignoring it or masking it with drugs is not in the athlete's best interest.
- Return-to-play decisions should be determined by the medical professionals involved with the injured athlete, such as physicians, athletic trainers or other outside professionals – not the athlete, coach or athlete's parents or caregivers. However, it is important to keep lines of communication open between these parties.
- Document the treatment and return-to-play plan and share it with all parties involved in an injured athlete's care and sports participation.
- An injured athlete needs time to heal. Missing a game or two is better than missing an entire season or more.
- Sports injuries can have an impact on the social and emotional life of a student-athlete. Being sidelined and losing a structured activity may lead to depression, loss of connection to friends and loss of identity as an athlete. Speak with injured athletes about how they can stay involved with the team even if they are not able to get back on the field.
- Coaches and trainers are in a position to develop close relationships with student-athletes. These connections can provide valuable guidance, support and mentorship, and can make a profound difference in the lives of young people. Use these relationships to add personal impact to the rules and expectations about drug use that guide interscholastic sports.
- Students and their families should talk openly with their health care providers about the medications, their proper use, possible risks and side effects, and any alternatives.



# INJURY MANAGEMENT



If a student-athlete is injured, whenever possible, treat the injury with rest, ice, compression, elevation and anti-inflammatory medication – and do seek medical care if it's necessary.

Opioids for pain should be considered only by a physician and only when other approaches have not provided relief.



**Ice can be used to reduce soreness and inflammation. If symptoms persist, contact a physician, especially if there is a lack of full-joint motion.**



**Check with a health care provider to see if over-the-counter, non-steroidal, anti-inflammatory medications are needed. As with all medications, always follow the directions on the label and any instructions from a health care provider.**



**Fractures, sprains and broken bones need plenty of rest to heal properly. The athlete should see an orthopaedic specialist who can evaluate and manage the healing process.**



**The athlete's parents or caregivers and coach should discuss together how the injury will impact the student's ability to play. If an injury will sideline the athlete, the parents or guardians and coach should consider creating a return-to-play plan together.**



# FACTORS TO CONSIDER IF PRESCRIPTION OPIOIDS ARE RECOMMENDED

- 1** If anyone in the family has had problems with prescription drugs, alcohol or any other drugs, let the doctor know.
- 2** Be sure that the athlete takes the medication only as prescribed and uses only the minimal amount for the shortest period needed for effective relief.
- 3** Keep control of the medication bottle and supervise the athlete when he or she is taking the medication. Do not allow the athlete to self-administer. Count the pills or keep track of the level of medicine in the bottle on a regular basis.
- 4** Keep the medication at home, if possible. If the athlete needs to take medication during the school day, the school (by law) must approve its use. Talk with school staff about proper supervision and follow the necessary protocols.
- 5** Remind the athlete that prescription medication is only good for the person it is prescribed for and that it could seriously hurt others.
- 6** Be sure that the athlete takes the medication no longer than necessary. When the athlete is finished with medications, safely dispose of medications at any Nassau County Police Department Precinct.
- 7** Don't keep prescription medicine in the medicine cabinet. Secure it in a place that only the parents and caregivers know about. Ideally, keep all medicines, both prescription and over-the-counter, in a locked cabinet or other secure place that children and teens cannot access.



## SECURE

Prevent your children and others from using your medication by securing it in a place your child cannot access.



## MONITOR

Take inventory of the type and amount of medications you currently have and check regularly to ensure that nothing is missing.



## DISPOSE

Dispose of medications at any Nassau County Police Department Precinct or MTAC's biannual drug take back events.

# LOCAL RESOURCES



## SECURE



## MONITOR



## DISPOSE

In the Massapequas, 51% of youth (grades 7 to 12) who misused prescription pain relievers found them at home (2018 PFS Survey).

The time to act is now. Prevention is key. We encourage all residents to secure, monitor and dispose of unused or expired medications in the home.

The best way to dispose of prescription drugs is to take advantage of our MTAC drug take back program or bring them to any Nassau County Police Department Precinct and dispose of them in the drop box in the lobby. Please note, liquids and ointments will not be accepted.

### NALOXONE TRAININGS

To coordinate a FREE Training and receive a FREE Naloxone Kit contact MTAC or our Coalition Partner YES Community Counseling Center at 75 Grand Avenue, Massapequa, NY 11758, (516) 799-3000, ext. 131.

#### LONG ISLAND CRISIS CENTER 24/7 CRISIS HOTLINE

(516) 679-1111  
2740 Martin Avenue, Bellmore, NY 11710  
(516) 826-0244

#### NASSAU COUNTY DISTRICT ATTORNEY ANONYMOUS TIP LINE

(516) 571-7755

#### YES COMMUNITY COUNSELING CENTER

75 Grand Avenue, Massapequa, NY 11758  
(516) 799-3203  
yesccc.org

#### NASSAU COUNTY HEROIN PREVENTION TASK FORCE

heroinprevention.com

#### NASSAU ALLIANCE FOR ADDICTION SERVICES (NAFAS)

Need Help Immediately? Call (516) 481-4000  
nassaualliance.org

#### NASSAU COUNTY POLICE DEPARTMENT 7TH PRECINCT

24/7 Prescription Drug Disposal  
3636 Merrick Road, Seaford, NY 11783  
(516) 573-6700  
pdcn.org

#### MASSAPEQUA FIRE DEPARTMENT

(516) 798-0040 for fire or medical emergency

#### MASSAPEQUA TAKES ACTION COALITION

(516) 799-3000, ext. 131  
mtacoalition.com

**ALWAYS CALL 911 IMMEDIATELY IF YOU SUSPECT AN OPIOID OVERDOSE.**



The mission of Massapequa Takes Action Coalition (MTAC) is to prevent and reduce substance misuse and high-risk behaviors within the Massapequas. We proactively target the factors in our community that increase the risk of substance misuse, and we promote protective factors that help our youth to grow up to be healthy and drug free. Since 1997, we have been collaborating with Massapequa Public Schools, parents, residents, law enforcement, clergy, private and non-profit agencies, businesses and federal, state and local governments to enhance our efforts. Working together, we utilize evidence-based strategies to reduce drug misuse and risk behaviors and promote healthy families. Our partners and stakeholders include:

- Chief's Challenge, Massapequa High School
- Community Action for Social Justice
- Healthcare Professionals
- Long Island Prevention Resource Center
- Massapequa Chamber of Commerce
- Massapequa Council of PTAs
- Massapequa Elks Lodge #2162
- Massapequa Post
- Massapequa Public Library
- Massapequa Public Schools
- Nassau County Department of Human Services  
Office of Mental Health, Chemical Dependency &  
Developmental Disabilities Services
- Nassau County District Attorney's Office
- Nassau County Police Department, 7th Precinct
- New York National Guard Counterdrug Task Force
- New York State 8th Senate District Office
- New York State Assembly District Office 9
- New York State Office of Addiction Services and  
Supports (NYS OASAS)
- Red Watch Band, Massapequa High School
- Rotary Club of the Massapequas
- St. Rose of Lima
- Students Against Destructive Decisions (SADD),  
Massapequa High School
- Town of Oyster Bay
- Village of Massapequa Park
- YES Community Counseling Center



**75 Grand Avenue, Massapequa, NY 11758**  
**(516) 799-3000, ext. 131**

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