

MEDICATION USE

Always ensure that you consult a doctor prior to your youth taking medication, especially high-powered, opioid-based painkillers. The odds they'll still be on opioids a year after starting a short course increase after only five days.

If an athlete, or anyone else in your home, is prescribed and needs medication ensure:

- All medications are properly stored in a safe, secure, hidden location. Medicine cabinets in bathrooms are not a good storage location due to high visibility and frequent access.
- Monitor medication amounts and ensure it is being taken in accordance with the prescribed plan.
- Safely dispose of all medication once no longer needed.



SOURCES

- Yang et al. 'Social Support Patterns of Collegiate Athletes Before and After Injury'. *Journal of Athletic Training*, 45(4), 2010, pp. 372–379.
- Mayo Clinic Staff. 'How Opioid Addiction Occurs'. <https://www.mayoclinic.org>

LEARN MORE

or download resources at

www.fremontwhenthegameslowdown.com

RESOURCES

Telling the Story of Opioids in Wyoming:

<http://fremontcountyprevention.com/wp-content/uploads/2020/10/telling-the-story-of-opioid-use-in-wyoming.pdf>

Partnership for Drug-Free Kids:

<https://drugfree.org/>

Above the Influence:

<https://abovetheinfluence.com/>

The Medicine Abuse Project:

<https://drugfree.org/article/medicine-abuse-project-partners/>



WHEN THE GAME SLOWS DOWN...

BE READY TO CHANGE PACE



The situation is all too familiar for student athletes in Fremont County and beyond. Check in for the game, go up for a layup, hear the pop and feel searing pain. While the student athlete's season may be over, the real danger may be lurking in the recovery.

According to the National Athletic Training Association (NATA), **90% of student athletes** report sustaining some sort of sports-related injury. With an eye popping 54% reporting they play while injured. Sadly, for a host of reasons, sports related injuries are increasing, leaving our youth at risk to exposure of opioid-based pain medication.



HOW TO HELP

Helping an injured athlete includes supporting the mind, body, and soul. Some suggestions include:



Seek professional medical evaluation and treatment for injury



Monitor medication and substance use



Communicate and discuss feelings such as abandonment, isolation, depression, and loss of identity



Provide alternative outlets and activities



Support proper rehabilitation efforts



Limit use of injured arm, leg, etc. to avoid pain and misuse of medication

SOCIAL SUPPORT

An athletic injury frequently has profound negative consequences on the physical health of an athlete and can also cause a great deal of psychological distress—evoking anger, depression, anxiety, tension, fear, and lower self-esteem. Mood disturbances are especially apparent among competitive athletes who are seriously injured. Such functional loss or the inability to continue team participation can be devastating and cause difficulties in coping with the injury—cognitively, emotionally, and behaviorally.

