



Opana and Prescription Painkiller Abuse

A CBS affiliate in Pittsburgh recently reported on Opana, a drug of abuse showing up in the Pittsburgh area. Opana (oxycodone) is an opioid painkiller and a Schedule II controlled substance, meaning that it has a currently accepted medical use in treatment but also a high potential for abuse. Dr. Neil Capretto of Gateway Rehabilitation Center reported that Opana can be more powerful than OxyContin and said "I've had patients call it Oxycontin on steroids." Opana abuse is part of a recent spike in prescription painkiller abuse and deaths. The CDC estimates that 40 people die each day from methadone, Vicodin, OxyContin and Opana overdoses, a number that has more than tripled in the last decade. Often contributing to this increase are misperceptions about the drugs' safety and increasing availability. While the vast majority of doctors prescribe drugs responsibly, CDC Director Dr. Thomas Frieden commented "This stems from a few irresponsible doctors." One study found that 3% of doctors wrote 62% of painkiller prescriptions. In 2010, enough painkillers were sold to give everyone in the U.S. a typical 5 mg dose of hydrocodone every 4 hours for a month. Read a recent [CDC press release](#) for more on painkiller abuse and the [CBS Pittsburgh story](#) for the Opana report. Thank you to Cyndi Hogue from PRIDE of Bethel Park for sending us the story!

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News & Updates

Welcome to December! With a new month starting, please don't forget to send in last month's activity report. Also, don't forget that the National Team audition deadline is just one week from tomorrow!

From the Training Team

Heyyyyy people! I hope everyone had a great Thanksgiving break. It was a good handful of days to spend with your relatives, get your belly full and take time to reflect on all the things you are thankful for. I was going to do a little section on what you could have done with your Thanksgiving dinner leftovers, but by the time most of you will read this, you would have probably ate all that was left...or need to highly consider cleaning out the refrigerator. But anyway! Christmas season is finally HERE. This particular season is all about the magic and joy of giving and helping others, whether it's giving your pocket change to the Santa ringing his bell for the Salvation Army or donating clothes to those in need. At my hometown in Oklahoma, every December my mom bakes some festive cookies, and I'll take them the nursing home just to show the folks that someone is thinking about them. So to all you good boys and girls out there, get with your teams and help make someone's Christmas special. Now hop on your favorite reindeer and get out there! Happy holidays! – Aaron Gillette

PRIDE2012 Challenge

Challenge is making a comeback! As always, it will be a great opportunity to share new ideas. We have made a few changes for 2012, as recommended by advisors and youth.

- Public Speaking and Vocal category entries will be submitted by video and judged before conference. Winning entries will be performed on stage. This will help to keep the event on schedule and allow even more teams to be involved.
- Choreodrama, drama and dance entries will be performed on stage.
- If you have entered the web site category before, you must have made significant changes to the site since it was last entered.

Community service, drug education, poetry, PSA and web site are open for entry as usual. All entries must be original, created by a team or its members. Each team is allowed one entry per category in Challenge. Performance entries must be accompanied by a video of the piece being. Please also make sure that music used follows PRIDE's music guidelines.