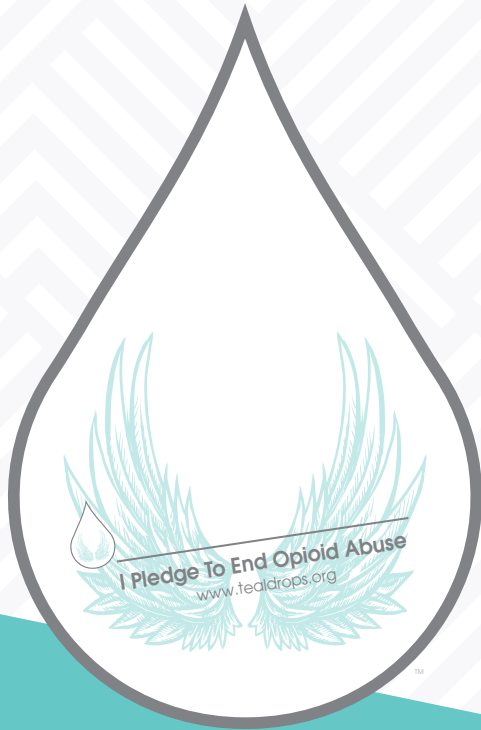


Take the Pledge...



Meet Our Sponsor:

LIDA

Calvert Hayes

"I am committed to the safety of our schools and opioids are of great concern to me. I encourage families to educate themselves and their children on the devastating effects of this epidemic and please, take the pledge."

Treatment Referral Routing Service
(Suicide/Opioid Hotline)
1-800-273-TALK (8255)



-  I pledge not to buy, accept or use other people's prescriptions.
-  I pledge not to give, sell or trade my prescriptions to or with other people.
-  I pledge to lock up my prescription medications so others may not access them.
-  I pledge to destroy any unused or expired prescriptions.
-  I pledge to ask for help if I or anyone I know is abusing prescriptions.
-  I pledge not to use illegal opioids.

**Let the heartbreak end with me,
Tealdrops for a country
that is overdose FREE!**

I _____ take the pledge!
(signature)



P.O. Box 351
Lewisville, NC 27023
(336) 624-0935
Susan@tealdrops.org

www.tealdrops.org
 @tealdrops_org
 tealdrops

If you would like to donate to
Tealdrops, Inc., visit our website at
www.tealdrops.org

A Non-Profit 501(c)(3) Organization Formed
in Memory of Toria Capri Stevens

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Tealdrops, was formed to raise awareness and much needed funds in order to reduce stigma and sponsor facilities dedicated to creating long-term relapse prevention programs. A majority of treatment programs do their very best to get addicts clean, but their focus is strictly on the short term (i.e., 12-18 months). When a crisis rears its ugly head, most of the “former addicts” are not emotionally equipped to deal with the stress and they relapse into their former bad habits. Many may even lose their lives (the current run rate is 175 lives lost - each and every day in the United States - an astounding figure!).

Our goal is to fund addiction research and relapse prevention programs. The programs we sponsor will provide stability and life bumpers by utilizing contracts with people that are in remission following successful treatment. Committed programs will teach moral values, coping/life skills, and offer life support. In return, there would be a commitment by the recipient to accept accountability and responsibility measures such as drug testing and vowing to **do the right thing** in their daily lives.

WHAT ARE OPIOIDS?

Opioids cover a huge variety of drugs, ranging from legal drugs such as fentanyl, codeine, and morphine to illegal drugs such as heroin and opium. Opioid addiction is on the rise among adolescents.

THE OPIOID CRISIS

- Approximately 20.1 million Americans are addicted to opioids. That’s equivalent to the population of Florida.
- 66,324 people died of an overdose from Jan.-May 2017
- Delaware, Washington DC, New Jersey, Ohio, and Pennsylvania saw the highest increases in opioid overdoses in 2017
- There are upwards of 1.9 million nonfatal opioid overdoses in 2017
- Opioid overdose ER visits soared 30% from July 2016 to September 2017
- Approximately 180 people die of opioid addiction every day.

WHAT CONSTITUTES OPIOID ABUSE?

Misuse of prescription drugs means taking a medication in a manner or dose other than prescribed; taking someone else’s prescription, even if for a legitimate medical complaint such as pain; or taking a medication to feel euphoria (i.e., to get high).* The term nonmedical use of prescription drugs also refers to these categories of misuse.

The three classes of medication most commonly misused are:

- Opioids—usually prescribed to treat pain
- Central Nervous System (CNS) Depressants (this category includes tranquilizers, sedatives, and hypnotics) used to treat anxiety and sleep disorders
- Stimulants—most often prescribed to treat attention-deficit hyperactivity disorder (ADHD)

ADDICTION KNOWS NO BOUNDS:

it is not now – nor has it ever been - an ethnic or racial phenomenon, nor is it constrained by socioeconomic status or education level.

Signs of opioid abuse:

Physical signs that someone may be abusing an opiate include:

- Noticeable elation/euphoria
- Confusion
- Marked sedation/drowsiness
- Constricted pupils
- Intermittent nodding off, or loss of consciousness
- Slowed breathing

Other signs of opioid abuse include:

- Doctor shopping (getting multiple prescriptions from different doctors)
- Shifting or dramatically changing moods
- Extra pill bottles turning up in the trash
- Social withdrawal/isolation
- Sudden financial problems

Withdrawal symptoms can mimic flu symptoms and include:

- Headache/ Body Ache
- Nausea and vomiting
- Diarrhea
- Runny Nose
- Sweating
- Fatigue
- Anxiety
- Inability to sleep



THIS IS TORIA’S STORY:

Toria Stevens was a typical child. She experienced a few broken bones as a kid, and she had her wisdom teeth removed while she was in high school. These were her first times being exposed to opiates (in this case, Vicodin), as they were prescribed by her doctors for pain relief. Shortly thereafter, and unbeknownst to us, her parents, she was in the midst of “getting hooked” on these drugs.

One day, she took them to school, and naturally, she was “caught red-handed” by the school authorities. Believing that tough love was the right way to go, I actually had her arrested. A huge mistake, as it turned out, because the public defender assigned to her case wound up sexually assaulting her right in his office. As you might imagine, the emotional trauma was significant, as Toria soon experienced night terrors and panic attacks. Eventually, she was diagnosed with post-traumatic stress disorder (PTSD), an affliction more commonly associated with soldiers returning home from combat zones.

My wonderful little girl, someone with a huge heart who had accomplished a great deal in her relatively short time on this earth, was now scarred for life. She tried her very best to recover, but it was a constant and ongoing battle. These meds caused her to gain weight, and eventually were a contributing factor in her depression. Over time, all she wanted to do was numb the pain.

The day God took my baby home was the first time in three years that either one of us had experienced any peace. This is Toria’s story, everybody has one of their own. Unfortunately, for all too many families, the prescribing of opiates for pain relief - whether it be physical or emotional pain - is a common denominator in their respective stories.