



Dear Healthcare Professional,

As an on-campus physician, you may be familiar with the issue of prescription stimulant misuse, abuse and diversion—a problem most predominantly occurring on college campuses.¹ At CPAMM, we appreciate everything you are already doing as a physician to help prevent misuse on your campus. Our hope is to provide you with additional tools that may be useful as you continue to work with students with ADHD.

We've found that while college students primarily misuse based on the mistaken belief that it will result in academic gain, some other reasons for misuse include misusing to party (41%),² to lose weight (10%),³ and even to improve athletic performance (9%).⁴ More often than not, students who misuse get their stimulants from friends and peers with a legitimate ADHD diagnosis and stimulant prescription.⁵

As a key influencer, you have the opportunity to get ahead of the issue of misuse by incorporating it into your ongoing patient dialogue. We have enclosed a pledge that we hope you can use to help guide your conversation with students as you remind them that they should always take their medication as prescribed, and as you talk through the potential academic and legal consequences of sharing or selling prescription stimulants. We believe that by signing this pledge, students are more likely to hold themselves accountable for their actions, and know that they have your support.

We hope you continue to visit www.CPAMM.org as we grow our resources and research sections to provide you with up to date information and tools on the issue of misuse. Thank you for your help.

Regards,

CPAMM Partners

¹ Johnston LD, O'Malley PM, Bachman JG, Schulenberg JE, Miech RA; Ann Arbor: Institute for Social Research, The University of Michigan. Monitoring the future: national survey results on drug use, 1975-2014: volume 2, college students and adults ages 19-55. http://www.monitoringthefuture.org/pubs/monographs/mtf-vol2_2014.pdf. Published July, 2015. Accessed April 18, 2017.

² The Coalition to Prevent ADHD Medication Misuse conducted by Harris Poll. College students and the misuse, abuse and diversion of ADHD prescription stimulant medications. May 15-June 11, 2014. <http://www.cpamm.com/wp-content/uploads/Updated-CPAMM-College-Student-Study-Final-Report-4.pdf>. Published December 2014.

³ Partnership for Drug-Free Kids. 2014. Survey on misuse and abuse of prescription stimulants among college students and other young adults. 2014. <http://www.drugfree.org/wp-content/uploads/2014/11/Survey-on-Misuse-and-Abuse-of-Prescription-Stimulants-Among-College-Students-and-Other-Young-Adults-Full-Report-FINAL-November-13-2014.pdf>. Published November 13, 2014. Accessed April 18, 2017.

⁴ NCAA. NCAA national study of substance use habits of college student-athletes. https://www.ncaa.org/sites/default/files/Substance%20Use%20Final%20Report_FINAL.pdf. Published July, 2014. Updated August, 2014. Accessed April 18, 2017.

⁵ McCabe SE, Teter CJ, Boyd CJ. Medical use, illicit use and diversion of prescription stimulant medication. *J Psychoactive Drugs*. 2006;38(1):43-56.



MISUSE STOPS WITH ME

I WILL HELP PREVENT THE MISUSE, ABUSE & DIVERSION OF PRESCRIPTION STIMULANT MEDICATION

By signing below, I, _____, pledge to take a stand against prescription stimulant misuse on campus.

I understand my prescription is meant for me and me only. I know I should not misuse, share or sell my medication. If I ever have questions or concerns about my medication, I will contact my prescribing physician.

STUDENT SIGNATURE:
DATE:

PHYSICIAN SIGNATURE.....
COLLEGE/UNIVERSITY:
CONTACT INFORMATION:.....
DATE: