

# PREVENTING MISUSE

## COLLEGE & YOUR ADHD PRESCRIPTION STIMULANT MEDICATION

### POTENTIAL CONSEQUENCES OF GIVING AWAY OR SELLING ADHD PRESCRIPTION STIMULANT MEDICATION

ADHD stimulants come with potential side effects that could put your friends' health and safety at risk. That's why sharing isn't safe. Friends may think your ADHD prescription stimulant medication will improve their ability to learn and lead to better grades, but that may not be the case.<sup>1</sup> On top of that, it's a felony to share or sell a Schedule II controlled substance, like ADHD stimulant medication. And sharing delegitimizes ADHD, supporting the misperception that ADHD isn't a real psychological disorder.

### TIPS FOR PROTECTING YOUR MEDICINE

- Don't carry extra pills with you
- Keep your prescription in a safe, locked place
- Take only as prescribed by your doctor
- Take it when you're alone so no one can ask you to share
- Count the pills to make sure no one else is taking them between doses

Not taking your medicine as prescribed may lead to medical consequences. If you don't feel you need to take your medicine as prescribed, please talk to me, your health care provider, about modifying your treatment.<sup>2</sup> If you need additional support at school, ask me or don't hesitate to coordinate treatment with a local physician.

### IF SOMEONE ASKS YOU TO SHARE...

- Tell them ADHD is a legitimate medical condition, and you need all your medication
- Remind them your doctor monitors your prescription
- Say you're running low
- Inform them they could have an adverse response to the medication, and you could both get into serious trouble
- If they think it will help them study, remind them they've made it this far through school without it. Encourage students by pointing out their accomplishments. Tell them, "you've got this," and that misusing doesn't guarantee better grades.<sup>1</sup>

Even if they think they might have ADHD, do not give them your medication. Instead, encourage them to talk to their doctor or visit the school's health center to seek help.

**AND OF COURSE, NEVER ALLOW OTHERS TO PRESSURE YOU INTO SHARING.**

1. Source: McCabe SE, Knight JR, Teter CJ, Wechsler H. Non-medical use of prescription stimulants among US college students: prevalence and correlates from a national survey. *Addiction*. 2005;100(1):96-106.

2. Source: CHADD: The National Resource on ADHD website. <http://www.chadd.org/Understanding-ADHD/For-Parents-Caregivers/Teens/Medication-Abuse-and-Diversion.aspx>. Accessed February 13, 2017.