

Children's Home of York Prevention Education

-Prescription Stimulants Fact Sheet-

What is it?



Prescription stimulants are medications which are most often used to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy which is a disorder that leads to uncontrollable episodes of deep sleep. Drugs in these categories are prescribed to increase alertness, attention, and energy; and are used illegally for these effects as well.

The most commonly prescribed stimulants are Adderall, Dexedrine, Ritalin, and Concerta. Most prescription stimulants come in tablet, capsule, or liquid form, which a person takes orally as prescribed by their doctor. When a prescription is abused or misused it can be taken orally, but it is often crushed to be inhaled (snorted or smoked) or dissolved in water and injected with a needle. When abused especially in high doses prescription stimulants can lead to anger, aggression, paranoia, psychosis, dangerously high body temperature, irregular heartbeat, heart failure, and seizures.



Did you know?

-Approximately 16 million adults in the U.S. used prescription stimulants in the last year

- 11 million of those used prescription stimulants appropriately (without misuse)

- 5 million of those misused prescription stimulants at least once; and 0.4 million had prescription stimulant substance use disorder diagnose

-A growing number of teenagers and college age adults are abusing prescription stimulants to combat pressures to perform better in school and improve their grades because many falsely believe these drugs can improve your ability to learn

- In fact research has actually shown that students who abused prescription stimulants have a significantly lower GPA compared to students who don't abuse these drugs

-Between 6.8% and 8.2% of youth in 8th through 12th grade have reported misusing prescription stimulants at some point in time

Solutions for Parents



To help reduce prescription stimulant misuse among the youth in your life,
try some of these solutions:

- Talk to your teen early and often about prescription stimulants; discuss topics such as healthy use of stimulants for treating attention deficit hyperactivity disorder (ADHD) and narcolepsy as well as the reality of addiction surrounding all use of stimulant
- Allow your teen to be a part of discussion and ask questions if their physician or therapist are considering prescribing them a stimulant
- If you have stimulants in your household to treat a disorder remember to store them safely and carefully, like in a locked medicine cabinet or box
- If someone in your household was prescribed a stimulant and no longer needs the medication remember to dispose of it properly at a medication disposal site. These sites are often located at police stations, health care facilities, and pharmacies.



Our Resources

Children's Home of York provides several free prevention programs to schools and youth in York County communities that help children and their families learn strategies to avoid using alcohol, tobacco and other drugs. To request information or set up a free program in your school and community please call or email Cecilia Keesey, Director of Prevention at (717) 755-1033 ext. 1257 or ckeesey@choyork.org.

-Ask About Our New Free Virtual Prevention Programming Options-

Looking for More?



We hope this guide has helped you in your journey towards drug and alcohol education for yourself and your family. Remember research, education and support are key components to navigating the world of drug and alcohol prevention and treatment. If you want more information opioids for you or your family check out our comprehensive drug and alcohol resource guide. This guide includes countless website links, hotline phone numbers, and even local in-person resources for York County.