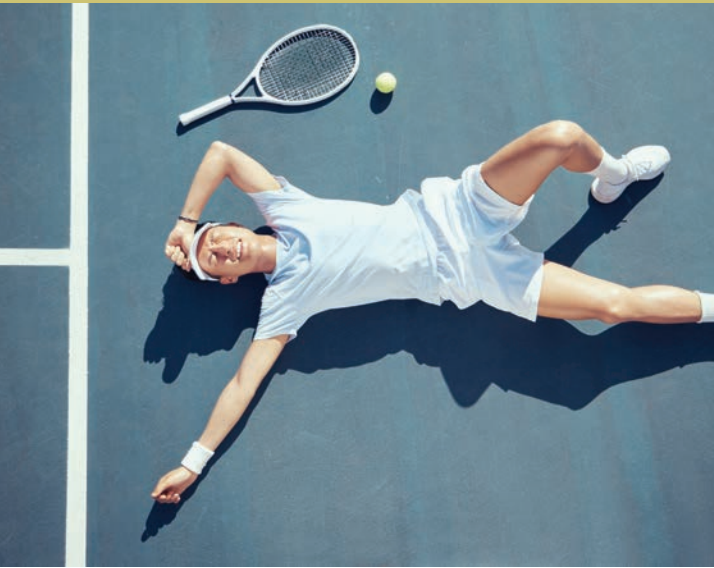


Opioid Risks

- Affect the brain like heroin
- Mask pain without treating injury
- Highly addictive, even short-term
- Can slow or stop breathing
- Risky when mixed with other substances
- Impaired driving



- Small pupils
- Slurred speech
- Redness
- Withdrawal
- Constipation



R.I.C.E. & Non-Medication Options

Use **Rest, Ice, Compression, Elevation** to manage many injuries. Other non-medication treatments may help.

Opioids can be part of a plan, but know the risks and alternatives.



Recommended Alternative Treatment Options

Exercise

Acupuncture

Cognitive Behavioral Therapy

Massage

Ice Therapy

Physical Therapy

Ibuprofen or Acetaminofen

Chiropractic Care

The Mayor's Coalition on Behavioral Health is not suggesting that prescribed opioids can't be an effective component of pain management; we simply encourage you to educate yourself on the risks, expectations, and available alternatives.

Naloxone can reverse an overdose. Scan QR code for free naloxone.



Disclaimer: This guide is for informational purposes only and should not be considered medical advice. Always consult with a healthcare professional for any questions about opioid use.



MAYOR BRETT P. SMILEY
CITY OF PROVIDENCE



Mayor's Coalition on Behavioral Health
City of Providence



Visit us at
www.providenceri.gov/housing-human-services



SIDE LINED

A MEANINGFUL WAY FORWARD



A Guide to Youth Injury & Pain Management

More than 3.5 million youth sports injuries occur each year, often causing missed play time.

ATHLETES

If prescribed an opioid for pain, work with your parents and doctor to create a safe treatment plan.



DID YOU KNOW?

- Male athletes are twice as likely to be prescribed painkillers and four times as likely to misuse them.
- 28% to 46% of high school athletes have used opioids. Participating in ≥1 high school sport puts adolescents at 30% greater odds of future opioid use disorder.
- 1 in 3 young athletes miss practices or games due to injury.

BE IN THE KNOW

- Talk with your parents, coaches, trainers, and doctors.
- Understand your treatment plan.
- Rest and fully recover before returning to play.

COACHES

Your support is key in reducing Opioid-related risks among athletes.



AVOID PRESSURING

Encourage rest and recovery—avoid pressure to return too soon.

FOSTER DIALOGUE

Promote open communication with parents, teachers, and the athlete.

BE AWARE

Learn signs of opioid use and misuse.

You are your athlete's best advocate

A coach's job doesn't end when the game is over. Coaches often act as mentors and trusted adults. Share this information with parents soon after an injury, before the athlete sees a doctor.

PARENTS

In 2024, 395,000 adolescents used opioids outside of medical guidance—mostly prescription medications.



AVOID PRESSURING

Support rest and full recovery

FOSTER DIALOGUE

Keep communication open with doctors, coaches, and your child.

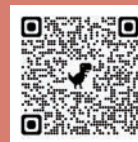
A SAFE PLAN FOR HOME

Parents can help create a safe, effective plan by deciding who will manage, monitor and have access to your student athlete's prescription.

1 2 3 4

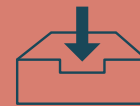
COUNT IT

Track and secure prescription medications.



LOCK IT

Use a lock bag. Scan QR code for a free one.



DROP IT

Dispose of unused meds at 24/7 police drop boxes.