**PARENTS HOLD THE KEY**

to preventing accidental poisoning, drug misuse, & underage drinking.

**SAFE GUARD YOUR HOME**

Alcohol and Medicine that is not safely stored (locked-up or out of reach) can easily be misused by a friend, family member, or anyone entering your home.

There are simple, easy ways to safeguard your home and keep your family and community safe.

**SAFE HOME STORAGE**

- Safe Storage is HOW and WHERE substances are stored in the home
- Use Safe Storage methods by locking away these substances and holding the key.

**TALK, THEY LISTEN**

Parents and other caregivers have an incredibly important role in preventing substance use -

**Take action** by having frequent conversations with the teens and young adults in our lives about the dangers of substance abuse.

Kids who learn about the dangers of drug and alcohol use early and often are much less likely to develop addiction than those who do not receive these critical messages at home.

**MONITOR SUBSTANCES**

- Know WHAT and HOW MUCH you have in your home.
- Monitoring of may include *keeping a list* on your phone, *counting* or *marking bottles*.
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DON'T BE A TARGET FOR THEFT

Especially if you have to leave guests or workers unattended – **lock away any substances that could make you vulnerable** to theft.

Even if you trust those entering your home, it’s best to keep substances locked-up. **Safe storage practices** can often remove the temptation and prevent you from becoming a victim.

OPEN HOUSE EVENTS

- Realtors will tell you – if you are in the process of selling or renting your home, **lock away any substances**.
- If you don’t already have a Medicine Lock Box, **make sure to remove any medicines from the main bathroom**.

HOME MAINTENANCE

- Home maintenance (Housekeeping, Lawn or Pool services), or Home improvement (Construction or remodeling), etc.

HOUSE PARTIES

- Having people over can leave your home vulnerable, especially if there are more people than you can keep track of during their stay.
- People looking for the bathroom or a coat closet may find themselves where you keep your alcohol or medicine – make sure they are safely secured to avoid the risk altogether.

CAREGIVERS

- Babysitters, Home Health Aids, Hospice, to Dog Walkers, Pet sitters, etc.
BE MINDFUL OF MENTAL HEALTH AND ADDICTION

Keeping substances locked-up can prevent someone from intentionally or unintentionally overdosing.

Mental Health and substance use addiction are not always easily identified and even if someone is being treated by a professional, overdose can still be a risk.

Don’t take any chances, keep any potentially harmful substances locked-up and out of reach at all times.

NEW JERSEY HOTLINES

**ReachNJ.**
1-844-REACH-NJ (1-844-732-2465) // Serves to simplify the process for those seeking help from addiction.

**NJ ADDICTION SERVICES.**
844-276-2777 // Provides information and referral to substance use treatment statewide.

**NJ CONNECT FOR RECOVERY.**
855-652-3737 // Specifically for individuals with opioid addiction and their loved ones.

**NJ MENTAL HEALTH CARES.**
866-202-4357 // Directs callers to appropriate service entry points.

**2ND FLOOR.**
888-222-2228 // Confidential and anonymous helpline for New Jersey’s young people.

**N. J. HOPE LINE.**
855-654-6735 // Peer Support and Suicide Prevention Hotline.

**NJ POISON CONTROL CENTER.**
1 800 222 1222 // Accidental poisonings and information.

CONTACTS

**Safe Communities Coalition**
908-782-3909 | www.safecoalition.org
Facebook @SafeCommunitiesCoalition

**PR's Family Support Services**
908-782-3909

**PR's Recovery Community Center**
Facebook @RecoveryCenterOfHunterdon

WWW.SAFECOALITION.ORG
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**Safely Store Alcohol**

You don’t have to throw-out all of your alcohol to have a safe home, but whatever alcohol you do have, it’s recommended to keep it locked.

**CABINET/PANTRY LOCK**

- Measure the width of the door to get one that fits. Lock kits can be **less than $5** and may require a drill and a screwdriver to install.

**FRIDGE LOCK**

- Secure a **Basement or Garage Fridge** with a Marine Lock. These locks come with either a combination or a key lock.

**BOTTLE LOCK**

- About **$5**, these easy to use locks work on **Wine or Liquor bottles**.

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**NOT IN MY HOUSE RULE**

- It doesn’t matter if you take the keys or monitor teens, **providing alcohol to those under age 21** is illegal.

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**HOUSE PARTIES**

Anytime you have people over, even if you plan to serve alcohol, there are ways to prevent misuse and underage drinking.

- Make sure to keep any alcohol that you plan to serve is in one location, and
- Assign a designated person to serve any alcohol. This can prevent over-serving and underage drinking.
- Any alcohol that you don’t plan to serve, make sure that it is completely secured by keeping it locked away.
Safely Store Medicine

Most people that become addicted started with misusing household medicines from a friend or family member's medicine cabinet.

Even if you're not worried about friends or family members misusing medicines, your home may still be vulnerable.

Ask your pharmacist about Medicine Lock Boxes and how to keep medicines safe in your home.

MEDICINE LOCK BOXES

- A medicine lock box can range from $15 and up. They can be installed in a cabinet or drawer.

TRAVEL LOCK BAGS

- Purses or Backpacks
- Gym Bag, Locker room
- Vehicle Glove-box

WHAT TO STORE

Rx (PRESCRIPTION) MEDICATIONS
- Opioids (Pain relievers), such as oxycodone, hydrocodone, Vicodin, codeine, fentanyl.
- Benzodiazepines (Anxiety or Seizure medication), such as Xanax, Ativan, Valium, Klonopin.
- Stimulants (ADHD, or Narcolepsy), such as Biphetamine, Dexedrine, Adderal.

OTC (OVER-THE-COUNTER) MEDICINES
- Cough and cold containing DXM (dextromethorphan)
- Motion sickness (dimenhydrinate, diphenhydramine)

PET MEDICATIONS
- Ketamine (Pet Tranquilizer)
- Barbiturates (Pet Anxiety), such as Phenobarbital
- Opioids, (Pet Painkiller, Coughing in Dogs) such as Tramadol, and Hydrocodone

WHERE TO STORE

- Use a Lock Box or keep out of easy-to-reach locations.
- Remove any medicines from the main bathroom or kitchen.

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