

My Grandma
My Grandpa lives here
My Nana & Tata live here
My Nanie & Tatle live here
My Mamaw & Papaw
My Grandparents

A NEW BABY

My Grammie & Jomie

A Diabetic
Lives here PLEASE
Wash your hands
And

If you are sick
PLEASE

Visit at another time
but please
call to check on them.

My
Loved one
means the
World to me!
PLEASE
HELP KEEP
Them SAFE

LOCKING MED BOX

If it's important to you, Lock it Up!®

VAULTZ®

LOCK IT UP!®



Provided by:
**Partnership for a Healthy
Torrance Community**
Funding Support: NMHSD/
BHSD Office of Substance Abuse
Prevention – NM DOH –
Presbyterian Health Services



**LOCK
YOUR
MEDS.**



*Lock Your Meds® is a registered trademark
of the National Family Partnership.*

BE AWARE. DON'T SHARE.™

VAULTZ® IS A PROUD SUPPORTER OF
LockYourMeds.org

Help stop prescription drug abuse,
THE FASTEST-GROWING DRUG PROBLEM AMONG TEENS!



Opioid medications can help, but also harm if they are misused or abused.

**HEADS
UP.
SPEAK
UP.
STEP
UP.**

One in four New Mexicans will be impacted by opioids.

These three little things keep you and your family safe:

- 1.** Keep your medications secure to keep others safe.
- 2.** Don't share unused medications with family or friends.
- 3.** Dispose of unused medications safely.

Easy tips on safe use, storage and disposal available at:



LittleThingsNM.org



**DO YOU HAVE AN
OPIOID MEDICATION
IN YOUR HOME?**

MOST COMMON OPIOIDS:

- | | |
|---|--|
| ■ Oxycodone
(like OxyContin® and Percocet®) | ■ Morphine
(like MS Contin® and Kadian®) |
| ■ Hydrocodone
(like Vicodin® and Hycodan®) | ■ Hydromorphone
(like Dilaudid®) |
| ■ Methadone
(like Dolophine®) | ■ Codeine
(like Tylenol® with codeine) |

Prescribed opioids can be as harmful as street drugs like heroin.

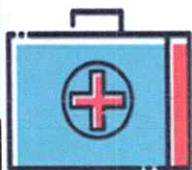
In fact, six in 10 unintentional overdoses in New Mexico involved prescribed opioids.

CAUTION:

Keep in mind, opioid medications can be addictive.

Visit LittleThingsNM.org for little things you can do to stay safe from opioid misuse and addiction.

**ADDOSE
OF
REALITY**



This prescription lock box was provided to you complimentary from the Partnership for a Healthy Torrance Community, as a thank you for locking your medications up.

Why? NM is #15 in overdose rates in the USA, a total of 537 people died in 2018. That's 1 person every 18 hours. 72% of those deaths involved prescription opioids.

In Torrance County, 29.6 per 100,000 people die of drug overdose, that is higher than the NM average of 24.6 per 100,000 people.

For more information or questions you can reach us @

Debbie Ortiz email-Debbie.ortiz.ptmi@gmail.com

Stephanie Reynolds email- steph.reynolds.ptmi@gmail.com

Adrian Ortiz email- Adrian.ortizptmi@gmail.com

Phone# 505-832-4495



PRESBYTERIAN

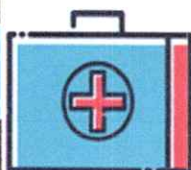
Center for Community Health

Provided by:

Partnership for a Healthy Torrance Community Fund-
ing Support: NMHSD/ BHSD Office of Substance
Abuse Prevention - NM DOH - Presbyterian Health
Services - NMPDOP



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PRESCRIPTION DRUGS AND YOU

Prescription Drugs Are Meant to Help, But They Can Harm Us



9/10 poisonings of children 12 and under involve medicine.¹



Medicine is the most likely toxin to poison pets at home.²



Dispose of medicine safely with at-home drug deactivation kits or use community drug collection boxes.

Sources and Citations

1. "Medication Safety." Prevent Child Injury. 2014.
2. "This Just In: Announcing the Top 10 Toxins of 2018!" ASPCA. 2019.

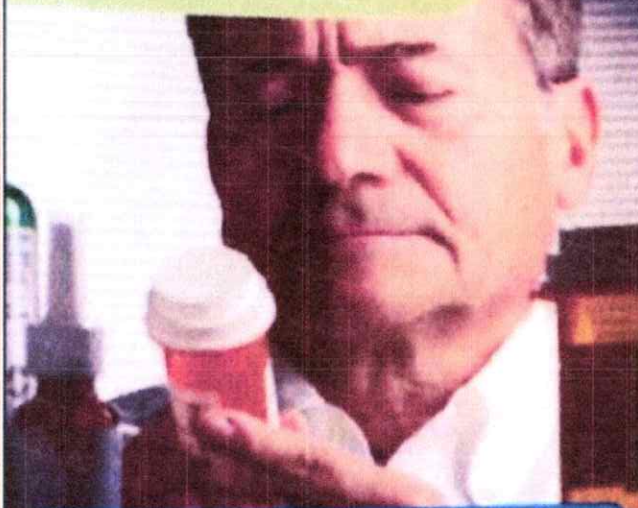
Prescription Drugs and You is a public health media campaign created by Prevention Action Alliance.

Learn more about this campaign at preventionactionalliance.org/rx.

Prevention
Action Alliance



PRESCRIPTION DRUGS AND YOU



Remember three things for safer prescription drug use:



Know what's in your medicine cabinet.



Secure medicine after every use.

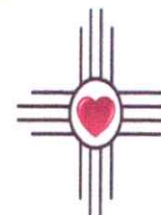


Dispose of any old or expired medicine.

Learn more about prescription drug safety at preventionactionalliance.org/rx.

Provided by:

Partnership for a Healthy Torrance Community Funding
Support: NMHSD/ BHSD Office of Substance Abuse
Prevention - NM DOH - Presbyterian Health Services - NMPDOP



PHTC

Partnership for a
Healthy Torrance Community

For more information or for directions on how to use the Detera Bag attached to this flyer contact:

Debbie Ortiz: 505-453-2613 or debbie.ortiz.ptmi@gmail.com

Adrian Ortiz: 505-288-9208 or Adrian.ortizptmi@gmail.com

See opposite side for full directions on Proper Disposal

Proper Disposal of Prescription Medication



Addiction to prescription painkillers often starts with the home medicine cabinet, easily accessed by family members and targeted by burglars seeking drugs to use or sell.

PLEASE DISPOSE OF UNWANTED OR UNUSED MEDICATIONS

Why? NM is #15 in overdose rates in the USA, a total of 537 people died in 2018. That's 1 person every 18 hours. 72% of those deaths involved prescription opioids.

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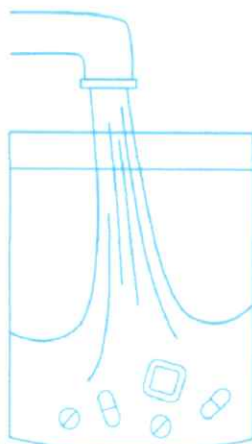
How To Use

In three easy steps, the Deterra® Drug Deactivation System neutralizes drugs permanently, safely and quickly.



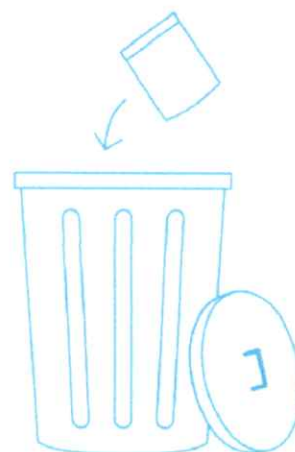
1

Tear open pouch and place unused medications inside Deterra



2

Fill pouch halfway with warm water and wait 30 seconds for air to release. Some foaming may occur.



3

Seal pouch tightly, gently shake and dispose of in normal trash

To deactivate and dispose of used transdermal patches, attach the sticky side of the patch to a paper towel and insert into the Deterra pouch. For unused patches, remove packaging and protective liner before attaching to paper towel.

Provided by:



Partnership for a Healthy Torrance Community

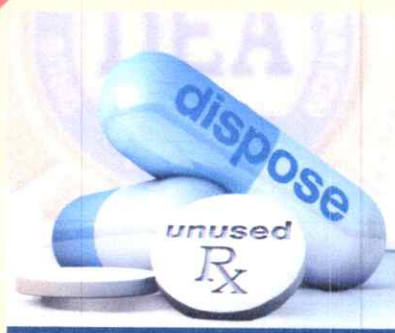
Funding Support: NMHSD/ BHSD Office of Substance Abuse Prevention – NM DOH – Presbyterian Health Services NMPDOP



R3d
R3b



Information for drug, alcohol and tobacco prevention, proper medication disposal, safe walking trails, healthy eating, healthy living, your local health council, National Take-Back days or disposal sites in your area, free gun locks and information on your local National DWI Memorial in Moriarty, NM
Please contact Debbie, Stephanie or Adrian at the Partnership for a Healthy Torrance Community



Debbie: debbie.ortiz.ptmi@gmail.com
Stephanie: steph.reynolds.ptmi@gmail.com
Adrian: adrian.ortizptmi@gmail.com
perpetualtearsmemorial.com
505-832-4495

National Prescription Drug
Take-Back Day

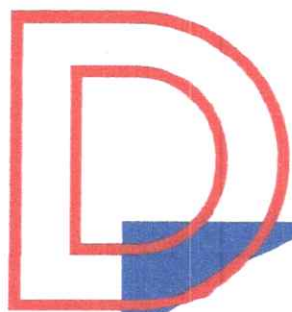


**A DOSE
OF
REALITY**

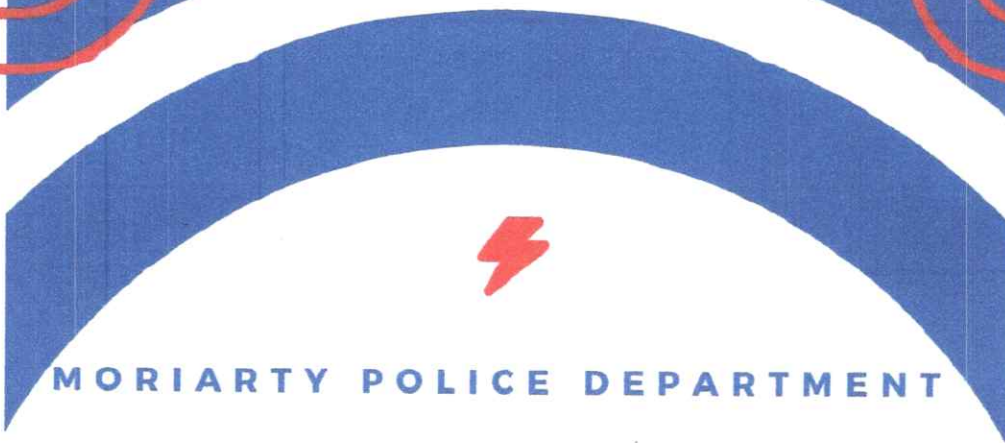


PHTC

Partnership for a
Healthy Torrance Community



RX DROP BOX



MORIARTY POLICE DEPARTMENT

RX DROP BOX

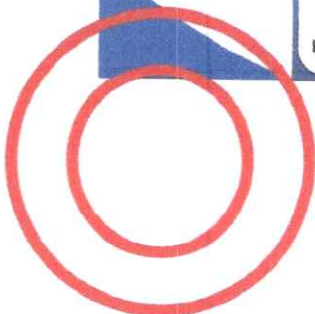
PROPERLY DISPOSING OF MEDICATION SAVES LIVES

RX DROP BOX

**Moriarty Police Department
600 S. Broadway Moriarty NM
Monday - Friday 8:00am - 5:00pm**



**ADDOSE
OF
REALITY**



RX DROP BOX





**THE PARTNERSHIP FOR A
HEALTHY TORRANCE COUNTY COMMUNITY**

LEARN HOW TO DISPOSE OF UNUSED OR EXPIRED MEDICATION PROPERLY

**PROPER DISPOSAL
SAVES LIVES!**

MOUNTAINAIR
SENIOR CENTER

ESTANCIA
SENIOR CENTER

MORIARTY
SENIOR CENTER

WHISPERING PINES
SENIOR CENTER

ANY QUESTIONS PLEASE CONTACT:

DEBBIE ORTIZ, STEPHANIE REYNOLDS
OR ADRIAN ORTIZ

(505) 832 - 4495

VISIT OUR WEBPAGE

WWW.PERPETUALTEARSMEMORIALINC.COM

ON FACEBOOK

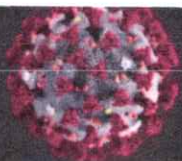
THE PARTNERSHIP FOR A

HEALTHY TORRANCE COMMUNITY

FOLLOW US ON INSTAGRAM

[phtc_health_council](https://www.instagram.com/phtc_health_council)





Important Information Regarding Coronavirus COVID-19

WHAT IS COVID-19?

Corona Viruses (CoV) are a large family of viruses and causes illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV)

MOST COMMON SYMPTOMS:

- * FEVER
- * TIDREDNESS
- * DRY COUGH
- * SHORTNESS OF BREATH

Some people become infected but don't develop any symptoms

Most people about 80% recover from the disease without needing special treatment.

WHO'S AT RISK:

- * OLDER PEOPLE
- * People with underlying medical problems like High Blood Pressure Heart problems, diabetes, asthma

WHAT TO DO:

When you experience symptoms, seek medical attention immediately.

WHAT CAN I DO TO PREVENT THE SPREAD OF COVID-19?

While there is currently no vaccine to prevent COVID-19, the best ways we can prevent illness are:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your entire mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands. If a tissue is not available, cough or sneeze into your bent elbow.
- Avoid shaking hands to prevent the spread of germs.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid close contact with people who are sick.
- Stay home when you are sick.

WHAT IF I THINK I HAVE COVID-19?

If you suspect you have COVID-19, we encourage you to immediately contact the state Coronavirus Hotline at 1-855-600-3453.

Procedures for Self-Quarantine under Covid-19

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have visited or traveled in infected or heavily populated areas.

Source: Centers for Disease Control and Prevention (cdc.gov)

Stay at home.

Limit all your non-essential travels. Avoid new or ongoing contact with neighbors or other contacts.



Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



Check your temperature.

Check your temperature at least two times a day.



Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



Practice social distancing.

If you need to go out, maintain at least 2 meters (6 feet) distance from others.



Stay in a specific room.

If you're sick or suspect you're sick, it's best to stay in a designated room or area away from others. If possible, have a dedicated toilet and bathroom as well.



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for virus symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



Health Centers

Our health centers across the state remain open. In an effort to increase your safety and that of our health center employees, we are now offering telephone visits for both medical and behavioral health services. This type of visit reduces the risk of spreading COVID-19 through face-to-face contact.

WE ARE OPEN AND SERVING PATIENTS

PHONE VISITS WITH YOUR PRIMARY CARE AND BEHAVIORAL HEALTH PROVIDERS ARE NOW AVAILABLE!

CALL YOUR HEALTH CENTER TO SCHEDULE AN APPOINTMENT.



Estancia:

Esperanza Family Health Center
505-384-2777

Mountainair:

Mountainair Family Health Center
05-847-2271

SENIOR CENTER: ADMINISTRATOR
Estancia: 505-3842296

Dispatch: 505-384-2705

EMERGENCY: 911



Partnership for a Healthy Torrance Community

505-832-4495 / 505-453-2613



RX Medication Log & Inventory

Date:

Name of Patient:

Date of Birth :

Address:

Emergency Contact Name;

Phone #

Physician / Doctor:

Phone #

Pharmacy:

Phone #

Allergies:

Name of Medication	Dose Prescribed	This Medication is for	How Much and How Often / How taken	Morning	Noon	Evening	Bed Time	Notes
EXAMPLE: Ibuprofen	20 mg	Headaches	1 tablet by mouth with water					



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Funding Support: NMHSD/ BHSD Office of Substance Abuse Prevention

NM DOH -PDOP & Presbyterian Health Services

For more information Call 505-832-4495



ADDOSE
OF
REALITY

Sticker Shock

Blackies Liquor & Lounge—Moriarty, NM December 17, 2020



With the help of Teen Court Participants—Teen Court Coordinator, PHTC and PTMI Coordinator, Director, and Prevention staff and TCJB Coordinator

We placed **1500 stickers** at Blackies, Moriarty Foods in Moriarty, and Giant in Estancia. Stickers on Alcoholic Beverages - Messages included

4th Degree Felony—Parents Who Host Lose the Most—Nice Guys Go to Jail—NO Underage Drinking—Hosting a Party with Underage Drinking Doesn't make it safer—IT MAKES IT ILLEGAL!

