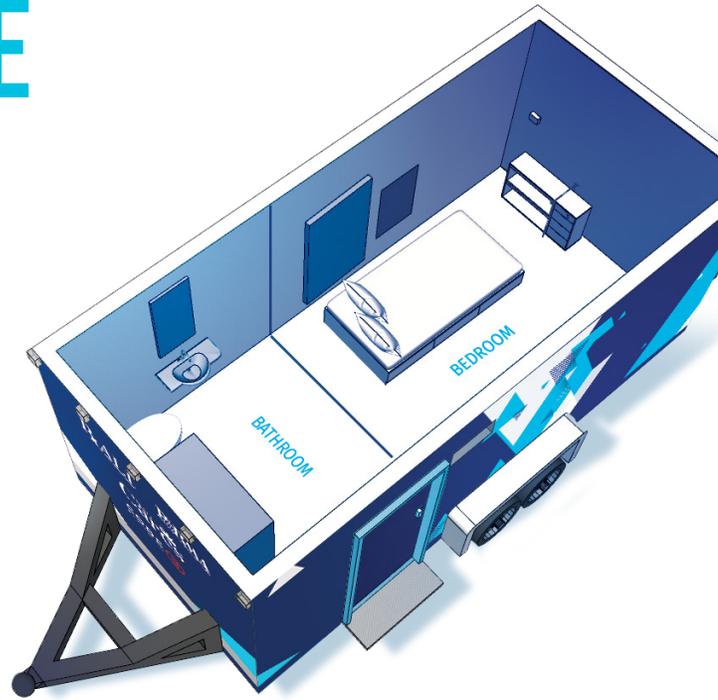


RALI CARES VIRTUAL EXPERIENCE

The RALI Cares trailer travels across the country to help people recognize and prevent substance use disorders among young adults. The trailer is set up like a typical teenager's bedroom, but inside are hidden signs of substance misuse.

RALI Cares has been turned into a virtual experience where you can learn the warning signs right from your computer or mobile device.



Here are 5 things you should watch for in your home:

1 Small plastic pieces (small ziplock bags or twisted tops, tiny plastic wrappers, etc.) from baggies which are often used to transport substances and then ripped open for quick access



2 Items used as tourniquets (belts or ties still looped, missing shoelaces)



3 Secret hiding places (soda cans, water bottles, toothpaste containers, and other common items may be more than meets the eye)



4 Hidden digital scales (working calculators or a computer mouse may contain a hidden digital scale)



5 Indicators of heating substances (misplaced spoons with sooty bottoms, soot found on bathroom sinks or walls, straws or plastic used to inhale fumes, or cotton pieces used to "filter" substances)



RALI CARES VIRTUAL EXPERIENCE



Physical and Behavioral Warning Signs:

In addition to these indicators in the home, physical and behavioral changes could indicate someone is misusing prescription opioids or illegal substances, including:



PHYSICAL

- Increase in fatigue or drowsiness
- Rapid weight loss
- Frequent constipation or nausea
- Decline in personal hygiene
- Wearing long sleeves regardless of the season



BEHAVIORAL

- Unexplained absences from school or work
- Drop in grades or performance at work
- Loss of interest in hobbies
- Spending less time with friends or family
- Hanging out with a new friend group

If someone you know has started misusing opioids, early intervention is critically important. For parents of young adults who may be misusing opioids, it's important to talk to your family doctor about prevention and treatment strategies.

Learn more about RALI at raliusa.org.