
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 492 Session of
2019

INTRODUCED BY ULLMAN, KIM AND READSHAW, SEPTEMBER 17, 2019

REFERRED TO COMMITTEE ON HUMAN SERVICES, SEPTEMBER 17, 2019

A RESOLUTION

1 Designating the month of September 2019 as "Benzodiazepine
2 Addiction Recovery Month" in Pennsylvania.

3 WHEREAS, Benzodiazepines, more commonly know as "benzos," are
4 a prescription sedative class of drugs that can be highly
5 addictive; and

6 WHEREAS, More than 30% of overdoses involving opioids also
7 involve benzodiazepines; and

8 WHEREAS, Benzodiazepines raise the level of the inhibitory
9 neurotransmitter GABA in the brain, which helps relax the
10 nervous system; and

11 WHEREAS, Common examples of benzodiazepines are diazepam
12 (Valium), alprazolam (Xanax) and clonazepam (Klonopin), which
13 can be prescribed for anxiety, insomnia, alcohol withdrawal,
14 seizure control, muscle relaxation, inducing amnesia for
15 difficult procedures and given prior to anesthetic; and

16 WHEREAS, Benzodiazepine abuse is very common due to
17 widespread availability of the drugs, which can lead to toxic
18 effects and accidental overdoses; and

1 WHEREAS, Symptoms of benzodiazepine abuse include weakness,
2 blurred vision, drowsiness, poor judgment or thinking, mood
3 changes and other risk-taking behaviors; and

4 WHEREAS, There are a wide range of other symptoms an
5 individual facing benzodiazepine addiction may experience
6 including mania, slurred speech, panic attacks, impaired
7 coordination, fatigue, vertigo, hostility and increased risk of
8 suicide; and

9 WHEREAS, An individual can quickly develop a tolerance to
10 benzodiazepines, thus requiring more of the drug to feel the
11 same effects, allowing addiction to develop in as little as a
12 few weeks; and

13 WHEREAS, Benzodiazepine addiction recovery can be a long
14 process, involving physical stability, substance withdrawal,
15 trauma treatment, peer support, healthy coping mechanisms,
16 rebound anxiety, co-occurring disorders, family and aftercare;
17 and

18 WHEREAS, An effective recovery is possible given the proper
19 support and communication between all involved parties;
20 therefore be it

21 RESOLVED, That the House of Representatives designate the
22 month of September 2019 as "Benzodiazepine Addiction Recovery
23 Month" in Pennsylvania and encourage all Pennsylvanians to learn
24 more about the adverse effects of benzodiazepine addiction.