

Facilitator Guide Overview



We can prevent prescription drug misuse! Do your part to stop this epidemic—advocate for safe medication practices in homes and communities.

Prescription medications can help us live longer and healthier lives, but any medication has the potential to do harm—especially when misused. In fact, the misuse of prescription medications has become a serious public health epidemic. Millions of Americans misuse prescription medications each month, and thousands do so for the first time every day. This misuse leads to serious legal, social, and health consequences, with drug overdoses now representing the leading cause of accidental death in the U.S. The good news is that we can prevent prescription drug misuse by advocating for safe medication practices in our homes and in communities.

The purpose of this resource is to help prevent the misuse of prescription medications by educating adults on safe medication practices, which include:

- 1 Only using prescription medications as directed by | a health professional.
- 2 Never sharing prescription medications with others or taking someone else's medication.
- 3 Keeping medications safe. Always storing medications securely to prevent others from taking them, and properly disposing of medications that are no longer needed.
- 4 Being a good example by modeling these safe medication practices and discussing the dangers of misusing prescription drugs with others.

Teaching these messages is the focus of the PowerPoint presentation, **Safe Medication Practices for Life**. What follows is information for facilitators when presenting this resource to adults in your community.

What information will I find in this facilitator guide?

This facilitator guide contains information and resources to successfully present the educational program, **Safe Medication Practices for Life**. In this guide you will find:

- 1 **Getting Started**—a guide to help you plan your program.
- 2 **Introductory letter**—a letter for facilitators to share with leaders of the organization you've selected for your program. This letter is designed to assist you in introducing the purpose of your educational program and the importance of presenting this information. You may also consider attaching the presentation handout when sending this letter.
- 3 **Safe Medication Practices for Life**—PowerPoint slides with talking points...a compilation of the presentation slides with suggested talking points. Please keep in mind these talking points are suggestions—depending on your background and audience, you may wish to discuss only a subset of these or add additional points.
- 4 **Take Action**—a handout that summarizes the four “key messages” for safe medication practices. We encourage facilitators to disseminate this handout before, during, or after your program.
- 5 **Q&A Session Guide**—a resource for presenters that contains a list of frequently asked questions by program participants, with suggested answers.

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