

Slide 1

Presenter Name
Presenter Organization

**SAFE MEDICATION
PRACTICES FOR LIFE**
An Orientation to Generation Rx University

Brought to you by:
THE OHIO STATE UNIVERSITY
COLLEGE OF PHARMACY

CardinalHealth
Safe medication practices for life.

Welcome to today's program: "Safe Medication Practices for Life: An Orientation to Generation Rx University".

This is a resource from "Generation Rx University"—an initiative which encourages your members to incorporate the Generation Rx key messages into their individual, everyday lives. This presentation provides an overview of Generation Rx University messages designed to educate all college students toward "safe medication practices for life." We will focus on specific issues relating to opioid, stimulant, and sedative medications, and review some key general guidelines for safe medication-taking practices.

Slide 2

**Prescription drug misuse is a
national epidemic**

More than
**6 MILLION
AMERICANS**
age 12 and older have used a
prescription drug non-medically in
the past month.

**DRUG
OVERDOSE**
is the leading cause of
accidental death in the
United States.

Approximately
**5,500
AMERICANS**
misuse a prescription
medication for the first
time every day.

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Prescription drug misuse is a national epidemic. Prescription medications can help us live longer and healthier lives when used as directed by a health professional, but there are real risks associated with misusing medication.

1. More than 6 million Americans age 12 and older have used a prescription drug non-medically (i.e., they've misused this product) in the past month¹.
2. More than 5,500 Americans misuse a prescription medication for the first time every day¹.
3. Any medication can produce adverse health effects, and drug overdose is now our leading cause of accidental death.
4. Among all age groups, the most commonly misused prescription drugs are opioid pain medications (e.g., Vicodin®, OxyContin®), prescription stimulants (e.g., Adderall®, Ritalin®), and prescription sedatives (e.g., Xanax®, Valium®).

Slide 3

Misusing medication is:

1
Taking
more than
prescribed

2
Taking
medication for a
reason different
than prescribed

3
Sharing or taking
someone else's
medication

Regardless of intentions...

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What is meant by "prescription drug misuse"? We define misuse as engaging in primarily three behaviors.

1. Taking more of a prescription medication than prescribed.
2. Taking a prescription medication for a reason (or in a way) different than that intended by the prescriber.
3. Sharing or taking someone else's prescription medication.

And regardless of our intentions, engaging in any of these behaviors is misuse.

SAFE MEDICATION PRACTICES FOR LIFE



Facilitator Talking Points

Slide 4

What do you think?

Does the national epidemic of prescription drug misuse impact college students or possibly peers in your social group?



Yes...

OR



No...



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What do you think? Does the national epidemic of prescription drug misuse impact you or peers in your social group? Meaning, the previous slide reported national data that consisted of all Americans ages 12 and older. So, does this national epidemic actually involve college students or possibly peers in your social group?

1. The 2018 College Prescription Drug Study reported that most college students do not misuse medication, do not misuse medication (i.e. 77% of college students have never misused medication in their lifetime⁵).
2. As we move throughout the program, we'll discuss how the misuse of medication does present various risks and harms that we should be aware of; and, we will also discuss approaches for how you can help protect your friends or peers from engaging in this risky behavior.

Note to Presenters:

Encourage participants to think about this question, then discuss the talking points above:

- **In-person:** encourage participants to discuss this question with their nearby peers and then briefly share their ideas with the group.
- **Virtual:** if available, participants could use the “thumbs up/thumbs down” icon, a polling question, or the chat thread to indicate their thoughts.

Slide 5

Let's consider important issues relating to...

- Module 1:** Prescription Opioids
- Module 2:** Prescription Stimulants
- Module 3:** Prescription Sedatives
- Module 4:** Safe Medication Practices



Each module consists of watching a short video and engaging in a brief discussion



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This program consists of four modules total - each module consists of watching a short video, reviewing a few additional slides relating to the topic, and engaging in a brief discussion around some thought-provoking questions. Module topics include the misuse of prescription opioid pain relievers, prescription stimulants, and prescription sedatives, as well as consideration of a few general safe medication practices.

Note to Presenters:

If you are not presenting all four modules in a single session, consider sharing with your audience the specific modules they will be working through in your program.

SAFE MEDICATION PRACTICES FOR LIFE



Facilitator Talking Points

Slide 6

The slide features a green header with the text 'Module 1: Prescription Opioids'. Below this is a photograph of a medical prescription form with fields for 'PATIENT NAME' and 'ADDRESS', a large 'Rx' symbol, and a pile of white and orange capsules. A brown pill bottle is also visible. The footer contains the text '©2020 The Ohio State University' and 'GenerationRx.org 6'.

We have an opioid epidemic in America - the misuse of opioid pain medications (e.g., OxyContin®, Vicodin®, Percocet®) has increased, along with the use of illegal drugs like heroin and illicitly manufactured fentanyl.

1. As we think about college students specifically, the 2018 College Prescription Drug Study reported around 9% of college students had misused a prescription opioid in their lifetime⁵.
2. While most students report having never misused a prescription opioid medication, many are impacted by the opioid epidemic. Thus, understanding the risks associated with prescription opioid misuse and knowing how to help others is important. Let's discuss these topics further in Module 1.

Slide 7

The slide features a green header with the text 'Video: The Impact of Misusing Prescription Opioids'. Below this is a diagram titled 'How Opioid Drugs Work in the Brain' showing two pathways: 'Relieve Pain' and 'Hijacks Reward System'. The footer contains the text '©2020 The Ohio State University' and 'GenerationRx.org 7'.

Let's begin by watching a short video that addresses risks inherent to the misuse of prescription opioids

Note to Presenters:

The video is posted online at: <https://generationrx.org/toolkits/university/>. When you are ready to play the video, minimize this presentation. Once the video is complete, resume the presentation.

Slide 8

The slide features a green header with the text 'Module 1:'. Below this is a photograph of a group of diverse college students sitting on a bench and talking. The footer contains the text '©2020 The Ohio State University' and 'GenerationRx.org 12'.

Discuss in small groups:

1. Am I putting myself at risk if I take prescription opioids and drink alcohol at the same time?
2. Is a transition to using heroin common for those who misuse prescription opioids?
3. What other problems may arise from misusing prescription opioids?

Let's engage in a brief discussion about some of the points addressed in this video. Here are three discussion questions – based on the video and your own understanding of this issue, try developing a response to these questions.

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Facilitator Talking Points


Slide 9

Module 1:

Discuss in small groups:



1. Am I putting myself at risk if I take prescription opioids and drink alcohol at the same time?

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Note to Presenters:

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Slide 10

Mixing Rx opioids with alcohol or with Rx sedatives can cause dangerously slow breathing



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All medications have side effects—and mixing alcohol with prescription drugs can sometimes enhance these negative effects.

1. For examples, adverse side effects for prescription opioid pain medications include drowsiness, confusion, sedation, and slowed breathing. Drinking alcohol at the same time can actually worsen these potentially harmful effects.
2. In fact, many drug overdoses result from mixing prescription opioids with alcohol, prescription sedatives, or other drugs—which results in dangerously slow breathing and can cause death.


Slide 11

Module 1:

Discuss in small groups:



1. Am I putting myself at risk if I take prescription opioids and drink alcohol at the same time?
2. Is a transition to using heroin common for those who misuse prescription opioids?

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Note to Presenters:

You can utilize this slide as a placeholder for 1-2 group leaders to share a summary of their small group conversation. Advance the slide to provide additional content and talking points that can help reinforce or elaborate upon the ideas shared.

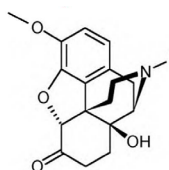
SAFE MEDICATION PRACTICES FOR LIFE



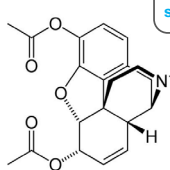
Facilitator Talking Points

Slide 12

Some individuals who misuse prescription opioids may transition to using heroin...



Oxycodone



Heroin

Drugs with **similar chemistry** may produce **similar effects** in the body...

Some individuals who misuse prescription opioids may transition to using heroin.

1. Recall from the video that because prescription opioids and heroin share similar chemistry, they can also produce similar effects in the body. Because these effects are nearly identical, individuals who misuse and become dependent upon prescription opioids sometimes transition to using heroin in order to experience the same (or stronger) effect. In many cases, heroin may also be easier (and cheaper) to obtain. In fact, there has been a substantial increase in the use of heroin, with approximately 75% of users reporting misusing prescription opioids first².
2. Your brain doesn't care if society labels a drug as an illicit street drug or a prescription drug. If the two drugs share similar chemistry, they may produce similar effects in the body, including increased risk for drug dependence and addiction. This relationship between prescription opioids and heroin is certainly troubling and serves as another reason to avoid misusing prescription opioids.

Slide 13

Module 1:

Discuss in small groups:

1. Am I putting myself at risk if I take prescription opioids and drink alcohol at the same time?
2. Is a transition to using heroin common for those who misuse prescription opioids?
3. What other problems may arise from misusing prescription opioids?



Note to Presenters:

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Slide 14

expulsion from school drug rehab
drug overdose legal fines
drowsiness addiction shallow breathing
felony offense nausea
decline in grades confusion
jail dependency damaged relationships with family members or friends
Emergency department visits loss of job

Those who misuse prescription opioids sometimes spiral into drug dependency or addiction and experience the harmful health, legal and social consequences that can follow.

1. **Health-related consequences:** as noted in the video, the most tragic consequences of prescription drug misuse affect our health -- including drug overdose, which is the leading cause of accidental death in the U.S. Emergency department visits and drug addiction treatment admissions relating to medication misuse have also escalated.
2. **Legal consequences:** federal law prohibits the possession of the types of medications which are most often misused without a prescription.
3. **Social consequences:** the misuse of medications can affect our community members, peers, family, friends, job, education, finances, and much more.

Note to Presenters:

If participants have already identified these problems, consider simply summarizing the problems noted in the word cloud.

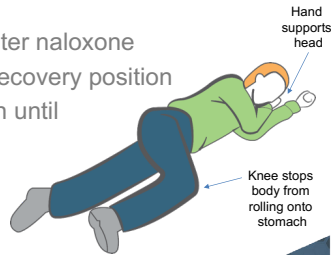


SAFE MEDICATION PRACTICES FOR LIFE

Slide 15

Take action in a drug overdose situation:

1. Call 9-1-1
2. If available, administer naloxone
3. Move individual to recovery position
4. Stay with the person until help arrives

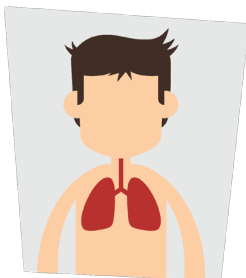


If you suspect someone has overdosed on *any* drug or alcohol, how can you take action?

1. First, call 9-1-1.
2. Second, if available, administer naloxone. More information on naloxone will be provided in the next slide.
3. Third, move the individual to the recovery position (place the individual on their left side—with their arms under their head, bending their right leg to prevent them from rolling onto their stomach). This position is designed to prevent suffocation if the individual vomits.
4. Lastly, stay with the individual until help arrives.

Slide 16

Naloxone reverses opioid drug overdoses



- Delivery as an intranasal spray increasingly common
- Naloxone access varies from state to state
- Naloxone training sessions provide important information

An overdose occurs when too much of any opioid activates its target in the brain stem – this slows and then stops breathing. Naloxone knocks the opioid drug off this target – allowing breathing to resume. Naloxone wears off in 30-90 min; thus, calling 911 first ensures the person receives help before this happens.

1. Naloxone is available in various forms – the form packaged as a nasal spray (brand name Narcan®) is increasingly common.
2. You can get naloxone without a prescription, but accessing naloxone by the general public varies from state to state. Ask a local pharmacy about your state laws.
3. Participate in a naloxone training session if you do decide to carry it on your person. A training session will reinforce how to take action in an overdose situation, discuss how to administer naloxone, and explain important precautions regarding its use. Different campus units or a local community harm reduction organizations often offer free training sessions.
4. If you are interested in equipping a publicly accessible site with naloxone, work with your local campus community to ensure you are following proper guidelines and protocols.

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Module 2: Prescription Stimulants



We've discussed the of misusing prescription opioids. Now, let's switch our attention to prescription stimulant misuse.

1. Across the three prescription drug classes most commonly misused, the 2018 College Prescription Drug Study reported the highest percentages of lifetime misuse for prescription stimulants⁵.
2. Let's explore how misusing prescription stimulants may impact you and others.

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Facilitator Talking Points

Slide 18

Video:
The Impact of Misusing Prescription Stimulants

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Let's watch a video that addresses risks inherent to the misuse of prescription stimulants. Then, we'll engage in a brief discussion.

Note to Presenters:

The video is posted online at: <https://generationrx.org/toolkits/university/>. When you are ready to play the video, minimize this presentation. Once the video is complete, resume this presentation.

Slide 19

Module 2:

Discuss in small groups:

1. Can the misuse of prescription stimulants improve your grades?
2. When you ask a friend or peer for their medication, how do you think this request makes them feel?
3. Is mixing alcohol with prescription stimulants a big deal?

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Let's engage in a brief discussion about some of the points addressed in this video. Here are three discussion questions – based on the video and your own understanding of this issue, try developing a response to these questions.

Slide 20

Module 2:

Discuss in small groups:

1. Can the misuse of prescription stimulants improve your grades?

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Note to Presenters:

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SAFE MEDICATION PRACTICES FOR LIFE



Facilitator Talking Points

Slide 21

Students who misuse prescription stimulants typically have lower grade-point averages, and they...

- ✓ Have fewer academic achievements
- ✓ Commit an illegal act that places several people at risk
- ✓ Violate codes of student conduct
- ✓ Jeopardize scholarships, internships, and membership standing

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Research shows that students who misuse prescription stimulants typically have lower grade-point averages⁴.

1. Health professionals, administrators, friends, and parents should view this behavior as concerning, as it may indicate that the student is struggling academically, experiencing a mental health condition, or using other legal or illegal drugs⁴.
2. As the video identified, when we ask another individual for their stimulant medication, we are asking them to commit an illegal act that also places them at risk. This risk includes legal concerns and personal liability for any harm that might come from medications that they provide to others.
3. Depending on individual state laws, possession of a controlled substance (e.g., Adderall®, Ritalin®) without a prescription may result in a felony charge, with penalties which could include fines and/or imprisonment. How would a drug-related offense impact your future?

- If we break a law, we also violate most codes of student conduct.
- In addition to violating codes of student conduct, a felony offense appearing on your record could interfere with employment and education opportunities, such as scholarships, graduate education, summer internships, or employment following graduation. It may also jeopardize your membership standing within clubs.

Slide 22

Module 2:

Discuss in small groups:

1. Can the misuse of prescription stimulants improve your grades?
2. When you ask a friend or peer for their medication, how do you think this request makes them feel?

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Slide 23

When we ask someone to share their medication, they may perceive it as you...

Putting me at risk for getting in trouble...

Using our friendship to obtain drugs...

Disrespecting my health needs...

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If you ask someone to sell or share their medication, have you ever considered how that friend may perceive your request?

1. By asking a friend, member, or stranger for some of their medication, we put them in an incredibly vulnerable and uncomfortable position. For example, they often perceive that request as you:
 - *Using your friendship to obtain drugs.* Your friend may begin questioning whether your friendship is solely based on you gaining access to their medication.
 - *Disrespecting their health needs.* Your friend has a legitimate need for their medication. If you give it to others, they may not be able to take their medication as instructed, and their health could be jeopardized.
 - *Putting them at risk for getting in trouble.* Even if your friend simply gives (versus sells) you the medication, sharing medication is always illegal. Think about it—would a real friend ask someone to risk their future so that they could misused a medication?
2. Be a good friend—if you feel that you need medication for a legitimate reason, talk with your healthcare provider.

SAFE MEDICATION PRACTICES FOR LIFE




Facilitator Talking Points


Slide 24

Module 2:

Discuss in small groups:



1. Can the misuse of prescription stimulants improve your grades?
2. When you ask a friend or peer for their medication, how do you think this request makes them feel?
3. Is mixing alcohol with prescription stimulants a big deal?

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Note to Presenters:

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Slide 25

Mixing alcohol and prescription stimulants sends the body mixed messages...



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Mixing alcohol with prescription stimulants is a big deal, because it sends the body mixed messages and increases your risk for dangerous levels of intoxication.


The orange text bubbles highlight effects produced by prescription stimulants; the blue text bubbles highlight effects produced by alcohol. Some individuals incorrectly perceive that these mixed messages cancel each other out. However, because alcohol and stimulants produce these effects through different mechanisms, these mixed messages don't cancel each other out. Rather, the body is receiving all of these messages simultaneously. Thus, these mixed messages simply confuse the body and place it at risk for dangerous consequences.

1. Note that alcohol reduces heart rate, whereas stimulants increase heart rate. These mixed messages may cause an irregular heart beat.
2. In addition, alcohol slows messages between the body and brain, yet prescription stimulants activate part of the nervous system to trigger the fight or flight response. These mixed messages confuse the body and increase the risk for dangerous levels of alcohol intoxication, as well as other potential harms resulting from risky drinking.

Slide 26

Caffeine can also interact with prescription stimulants



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Lastly, drug interactions can also exist with prescription stimulants and caffeine. In this situation, their shared adverse effects intensify when taken together. We recognize that caffeine consumption through beverages (like coffee) is likely an everyday part of many college student and adult lives. Therefore, if you are prescribed a prescription stimulant and consume caffeine, monitor yourself for adverse effects like increased heart rate, blood pressure, and anxiety, as well as insomnia. In addition, risk for these adverse effects are elevated in situations where one misuses prescription stimulants; and, mixing can be especially harmful for those with a pre-existing heart condition or those with anxiety disorders.


SAFE MEDICATION PRACTICES FOR LIFE




Facilitator Talking Points

Slide 27

Module 3: Prescription Sedatives



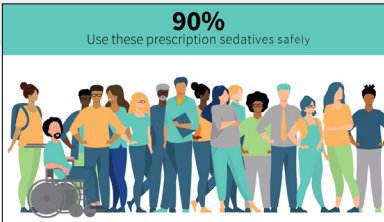
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We've discussed the impact of misusing prescription opioids and stimulants. Now, let's switch our attention to prescription sedative misuse. As prescribing rates for prescription sedatives rise, it is important to understand practices for safe use as well as the misuse risks associated with this drug class.

1. The 2018 College Prescription Drug Study reported around 9% of college students had misused a prescription sedative in their lifetime⁵.
2. Let's explore how misusing prescription sedatives may impact you and others.

Slide 28

Video: Prescription Sedatives



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Let's watch a video that discusses the misuse of prescription sedatives. Then, we'll engage in a brief discussion.

Note to Presenters:

The video is posted online at: <https://generationrx.org/toolkits/university/>. When you are ready to play the video, minimize this presentation. Once the video is complete, resume this presentation.


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Module 3:



Discuss in small groups:

1. Some students misuse prescription sedatives for social purposes (think pregame, partying, etc.). What is concerning with this behavior?
2. How may self-medicating with prescription sedatives impact you both now and long-term?
3. What are some sustainable methods to manage stress that support your well-being?

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Let's engage in a brief discussion about some of the points addressed in this video. Here are three discussion questions – based on the video and your own understanding of this issue, try developing a response to these questions.

SAFE MEDICATION PRACTICES FOR LIFE




Facilitator Talking Points

Slide 30

Module 3:

Discuss in small groups:

1. Some students misuse prescription sedatives for social purposes (think pregaming, partying, etc.). What is concerning with this behavior?



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Note to Presenters:

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Slide 31

Mixing alcohol with prescription sedatives intensifies their **harmful adverse effects**



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Pregaming or partying with prescription sedatives, including in situations where the medication is mixed with alcohol, is dangerous. Even when taken as instructed, prescription sedatives can slow breathing and cause sedation. Alcohol works in the body through a similar mechanism – it also acts to inhibit central nervous system function. Thus, mixing alcohol with prescription sedatives intensifies their harmful adverse effects, leading to dangerously slow messaging between the brain and body.

- This can lead to confusion (left image), dangerously slowed breathing (middle image), or passing out (right image).
- The Food and Drug Administration (FDA) requires a “black box” warning in the package insert materials for all benzodiazepines. This warning informs patients that breathing may be slowed or it may stop altogether if they take prescription sedatives with other drugs that depress the nervous system (like alcohol or prescription opioids).
- As we discussed earlier, many drug overdoses result from mixing prescription opioids, alcohol, prescription sedatives, or other drugs.

SAFE MEDICATION PRACTICES FOR LIFE



Facilitator Talking Points

Slide 32

Be aware of
illegally
manufactured
fentanyl



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In addition, be aware of illegally manufactured fentanyl. Fentanyl is also a synthetic opioid pain reliever, typically prescribed for severe pain (like cancer-related pain) as a lozenge or transdermal patch. Fentanyl is a prescription opioid pain reliever that is now being illegally manufactured and used to contaminate the illicit drug supply.


- Because of its strong potency (50-100X more potent than morphine), only a small amount is needed to cause an overdose.
- Thus, if an individual purchases counterfeit sedative pills or other illicit substances (like cocaine, heroin, or methamphetamine), they could be contaminated with lethal doses of illegally manufactured fentanyl. As a result, the individual may become exposed to fentanyl without their knowledge and thereby also at-risk for opioid-related overdoses.
- If comfortable, consider sharing this information with other friends, peers, or family members.

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Module 3:

Discuss in small groups:

1. Some students misuse prescription sedatives for social purposes (think pregaming, partying, etc.). What is concerning with this behavior?
2. How may self-medicating with prescription sedatives impact you both now and long-term?



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Note to Presenters:

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Consider if you need to define “self-medicating” prior to groups discussing the second question. If so, we define self-medicating as selecting and using medication to treat a self-diagnosed symptom or illness. Thus, it often includes two behaviors – self-diagnosing and self-prescribing. Individuals may self-medicate with a medication prescribed to them (e.g. taking more medicine if their condition isn’t improving) or with someone else’s prescribed medication (e.g. diagnosing yourself with an anxiety disorder and taking a friend’s medication to manage it).

SAFE MEDICATION PRACTICES FOR LIFE



Facilitator Talking Points

Slide 34

Avoid self-medicating—talk with your healthcare provider

1 Individual prescribed the medication

2 How much and how often

3 Warnings

Cares-A-Lot Corner Community Pharmacy

JAMIE SMITH

XANAX® 0.25MG TABLETS

TAKE 1 TABLET BY MOUTH
ONCE DAILY
AS NEEDED FOR ANXIETY

QTY: 30 TABS

BLACK BOX WARNING

RPh: _____

FOR INSTRUCTURAL PURPOSES ONLY

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If needed, first review the definition of “self-medicating” from a previous slide.

Let’s consider how self-medicating with prescription sedatives may impact you. There is a prescription for a reason – because medicine affects everyone differently, the medication is deemed safe and effective for only the individual prescribed (*reference #1 in image*), and only when taken as instructed under supervision by a healthcare provider (*reference #2 in image*). All medication produces a range of effects. Because prescription sedatives inhibit nervous system function, self-medicating increases risk for experiencing adverse effects (*often identified as ‘Warnings’, reference #3 in image*) such as:

- Decreased mental alertness or confusion
- Impaired coordination and judgment
- Decreased heart rate and blood pressure
- Slowed breathing
- Risk for drug dependence and addiction

As noted earlier, the FDA requires a “black box” warning for all benzodiazepine drugs related to these adverse effects. A “black box” warning constitutes FDA’s strongest cautionary information for patients. And your body can begin experiencing these adverse effects right away – it doesn’t require misusing the medication over a long period of time.

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Module 3:

Discuss in small groups:

1. Some students misuse prescription sedatives for social purposes (think pregaming, partying, etc.). What is concerning with this behavior?
2. How may self-medicating with prescription sedatives impact you both now and long-term?
3. What are some sustainable methods to manage stress that support your well-being?

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Note to Presenters:

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SAFE MEDICATION PRACTICES FOR LIFE



Facilitator Talking Points

Slide 36



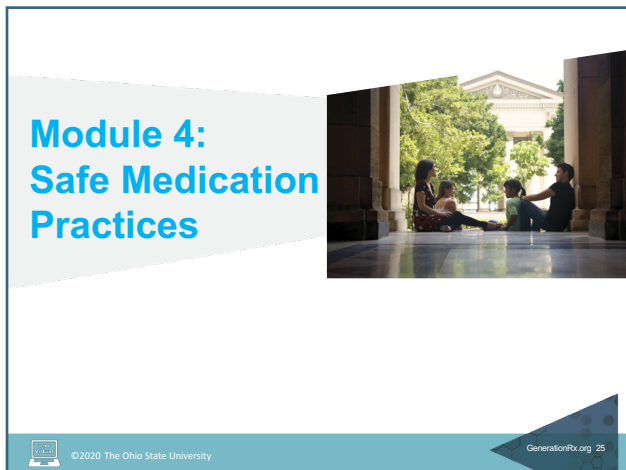
Stress and anxiety are a natural part of life. If you experience intense and uncontrollable anxiety or stress that impacts your daily life, consider methods to manage it that support your well-being.

- We can try some methods on our own, like engaging in physical activity or talking it out with a trusted friend (*refer to imagery on the left*). Campus wellness centers often provide a range of services for helping you develop skills to safely manage stress long-term – consider contacting them for more information.
- Other methods may require talking with a professional, like discussing with a healthcare provider the appropriateness of medication or talk therapy (*refer to imagery on the right*). Prescribed medication is a viable option that can effectively treat anxiety and sleep disorders. However, taking the medication safely helps you get the best outcomes from your medication while lowering risk of harm (*safe use implies only using medication intended for you, taking medication as instructed by a healthcare professional for the right dose and right amount of time, and taking medication for the reason it is prescribed*).
- Utilizing these methods now helps establish healthy habits related to managing stress and anxiety that will pay-off long-term.

Note to Presenters:

Encourage participants to share additional ideas to safely manage stress or anxiety. In addition, consider identifying relevant campus resources before the presentation and share this information during the program.

Slide 37



We've discussed the impact of misusing prescription opioids, stimulants, and sedatives.

Let's conclude the program by discussing some safe medication practices for life, including practices for safe storage and disposal.

SAFE MEDICATION PRACTICES FOR LIFE



Facilitator Talking Points

Slide 38

Video:
Safe Medication Practices

The thumbnail for the video 'Safe Medication Practices' shows a woman with brown hair sitting in front of a row of four doors. Each door has a different colored sign above it: a blue sign with a white 'Rx' symbol, a green sign with a white hand icon, an orange sign with a white padlock icon, and a grey sign with a white shield icon. The number '4' is in a circle in the top left corner of the thumbnail.

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Let's watch a video that outlines safe medication practices. Then, we'll engage in a brief discussion.

Note to Presenters:

The video is posted online at: <https://generationrx.org/toolkits/university/>. When you are ready to play the video, minimize this presentation. Once the video is complete, resume this presentation.

Slide 39

Module 4:

Discuss in small groups:

A photograph showing a group of five young adults sitting in a circle on the floor, engaged in a discussion. They are in a casual setting, possibly a classroom or a common area.

1. How can we safely store and dispose of medication to limit social access?
2. How do you say "no" if a friend or peer invites you to misuse medication; or, if someone asks for your medication?
3. What are positive alternatives to misusing medications?
4. What are some safe medication practices for life?

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Let's engage in a brief discussion about some of the points addressed in this video. Here are four discussion questions – based on the video and your own understanding of this issue, try developing a response to these questions.

Slide 40

Module 4:

Discuss in small groups:

A photograph showing a group of five young adults sitting in a circle on the floor, engaged in a discussion. They are in a casual setting, possibly a classroom or a common area.

1. How can we safely store and dispose of medication to limit social access?

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Note to Presenters:

You can utilize this slide as a placeholder for 1-2 group leaders to share a summary of their small group conversation. Advance the slide to provide additional content and talking points that can help reinforce or elaborate upon the ideas shared.


SAFE MEDICATION PRACTICES FOR LIFE



Facilitator Talking Points

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Store medication in lockable spaces



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Remember that most people who misuse prescription drugs get them from family members or friends. Help keep those around you safe by storing your medications in lockable spaces.

1. Store prescription drugs in secure locations such as lock-boxes, medication safes, or other lockable spaces. Keep this lock-box in a private space that is out of sight from others.
2. Avoid storage places which visitors and other members can easily access, such as purses, backpacks, un-locked drawers, nightstands, or counters.

Slide 42

The **best option** for safe disposal?

Place the medication in a drug drop box or take advantage of a drug take-back event



Visit: rxdrugdropbox.org

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Similarly, it is important to safely dispose of your medications when they are no longer needed. The best options for safe disposal include:

Option #1: place the medication in a drug drop box. To find a drop box in your area, visit: rxdrugdropbox.org

Option #2: take advantage of community drug take-back programs that allow the public to bring unused drugs to a central location for proper disposal. Call your local law enforcement agency or ask your pharmacist to see if a take-back program is available in your community.

Note to Presenters:

Prior to the presentation, we encourage you to visit rxdrugdropbox.org and identify a local drug drop box in your area. Consider sharing your findings during the program.

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If needed, safely dispose of medications at home:

STEP 1 STEP 2 STEP 3



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If a drug drop box or a drug take-back event is not available, you can dispose of the medication at home. In general, you should not flush medications down a toilet or drain; however, the FDA still recommends that certain drugs should be disposed by flushing (for a list, visit: www.fda.gov).

Option #3: dispose of the medication at home (steps illustrated on this slide). Before completing these steps, we encourage you to follow any disposal instructions on the prescription label or provided patient information sheets.

If disposal instructions are not given, complete these three steps:


- Step 1: Remove the pills from the original container and mix them with an undesirable substance such as used coffee grounds or kitty litter.
- Step 2: Throw away the sealed mixture into the trash.
- Step 3: Remove the prescription label and disposed of the empty bottle.

SAFE MEDICATION PRACTICES FOR LIFE



Facilitator Talking Points

Slide 44



Module 4:

Discuss in small groups:

1. How can we safely store and dispose of medication to limit social access?
2. How do you say “no” if a friend or peer invites you to misuse medication; or, if someone asks for your medication?


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Note to Presenters:

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Slide 45

Need help saying “no”?



Want to pregame with some meds?

I'm so stressed – can I have some of your Xanax®?

Give a Reason:
I'd rather not – I have a really big test tomorrow and I'm not sure how that medicine affects me.

Reinforce your values:
As your friend, I don't want to see either of us supporting something that could jeopardize our membership standing...

Suggest an alternative:
I actually need all of my medication to manage my daily symptoms. Have you considered talking with a healthcare provider?


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If you are invited to misuse any prescription medication, how do you turn down this invitation? Alternatively, if someone requests that you share or sell your prescription medication, how can you say no? Three examples are listed on this slide. General approaches including giving a reason, reinforcing your values, leaving the situation, and suggesting an alternative. In addition, you can simply say “no” – by doing so, you become one of the majority of college students who use medications safely.

Note to Presenters:

Some strategies are provided on this slide – encourage participants to share other ideas. You can also reference other social implications mentioned in the video, including disrespecting the health needs of others as well as jeopardizing scholarships, membership standings, and post-graduation plans.

Slide 46



Module 4:

Discuss in small groups:

1. How can we safely store and dispose of medication to limit social access?
2. How do you say “no” if a friend or peer invites you to misuse medication; or, if someone asks for your medication?
3. What are positive alternatives to misusing medications?

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Note to Presenters:

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SAFE MEDICATION PRACTICES FOR LIFE



Facilitator Talking Points

Slide 47

Try these positive alternatives to misusing medications...

travel watch a movie
go to a concert start a study group
attend a sporting event
talk with your professor don't skip class
enjoy your hobbies

Some people misuse prescription medications as a “quick fix” to deal with the pressures and demands of their lives. However, they are only a “quick fix” – life will continually present demands, stresses, and pressures. Learning healthy, positive ways to deal with stress, achieve academic success, or have fun safely is essential. Isn't college a time when you should cultivate sustainable habits for future professional success? Consider the examples in this slide. What are other positive alternatives to misusing medications?

Note to Presenters:

Encourage participants to share their ideas. Alternatives in green provide sustainable approaches to studying.

Slide 48

Module 4:

Discuss in small groups:

1. How can we safely store and dispose of medication to limit social access?
2. How do you say “no” if a brother or sister invites you to misuse medication; or, if someone asks for your medication?
3. What are positive alternatives to misusing medications?
4. What are some safe medication practices for life?

Note to Presenters:

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Safe Medication Practices for Life

- 1 Only use prescription medications as directed by a health professional
- 2 Do not share or take someone else's medication
- 3 Keep your medications safe
- 4 Model safe medication practices

Prescription medications can help us live longer and healthier lives, but any medication has the potential to do harm – especially when misused. The misuse of prescription medications is one of our country's most pressing public health problems, with drug overdose being our leading cause of accidental death. And, while most college students, do not misuse medication, many are impacted by this public health crisis.

We can prevent prescription drug misuse by engaging in safe medication practices for life. This includes only using medications as directed by a health professional, not sharing or taking someone else's medication, securing and safely disposing of medications, and lastly, by being a good role model. This includes modeling these practices at home, and encouraging your family and friends to do the same.



SAFE MEDICATION PRACTICES FOR LIFE

Slide 50

Be your own health advocate

- 1 Ask questions and know your options.
- 2 Learn about your medications – understand the adverse effects.
- 3 Condition not improving? Talk with a healthcare provider.
- 4 Prioritize your health needs by not sharing your medication with others.



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In addition to following safe medication practices, be your own health advocate.

- If you have a health or medical need, talk with a healthcare provider about the best approach that supports your health and well-being. Consider asking questions about both the medical and non-medical options available to manage your symptoms and condition.
- Learn about your medications. Ensure you understand the reason for the medication, the dosing instructions, and any potential adverse effects. Don't hesitate to ask questions when meeting with your healthcare providers.
- If you are taking a medication as instructed and your condition isn't improving—avoid self-medicating. Instead, talk with your healthcare provider.
- Prioritize your health needs by not sharing your medication with others. If a friend or family member asks for some of your medication, encourage them to seek professional help from a healthcare provider.

Slide 51

Wrap-up



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That concludes our program. Let's wrap-up by discussing where you can find help and learn more about these issues.

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Need help? Use Campus Resources:

1. Student health or wellness center
2. Campus Recovery Programs
3. College or university counseling services
4. Academic advisors



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If you or someone you know needs help, we encourage you to use the campus resources identified on this slide. Visit your student health or wellness center, contact the campus recovery program (if available), utilize campus counseling services, or talk with your advisor. The first step to solving any problem like alcohol or drug misuse may be reaching out for help.

Note to Presenters:

Prior to the presentation, we encourage you to customize this slide to show the resources available at your university. Discuss each resource with participants, and consider providing this information to participants through email or other digital platforms. In addition, consider consulting the 'Additional Resources' section in the "Getting Started" facilitator guide for more information.



SAFE MEDICATION PRACTICES FOR LIFE

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In addition, we encourage you to share these messages with others.

This may consist of discussing Generation Rx messages with family and friends, or sharing them through peer-to-peer education. Visit our website, GenerationRx.org, to access free, ready-to-use resources designed to educate college students (or people of any age). You could present this program or a different activity. You could also present similar educational programs to other audiences, like teens, using our age-appropriate resources.

Slide 54



This project was developed in collaboration with the following fraternity and sorority inter/national organizations:

- Alpha Chi Omega
- Kappa Kappa Gamma
- Sigma Nu
- Pi Kappa Alpha
- Sigma Nu
- Pi Kappa Alpha
- Pi Kappa Phi
- Zeta Tau Alpha

Generation Rx is grateful for their collaboration and their support of cultivating safe medication practices within campus communities.

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Does anyone have any questions or comments? Before we end, we encourage you to stay connected by following Generation Rx @TheGenRx on Twitter and Facebook.

Note to Presenters:

We also encourage you to share your experience with us. Consider submitting your tips and personal experiences about how you advocate safe medication practices at home or in your community. To do this, visit the 'Contact' section of GenerationRx.org. In this same section, you can also submit any questions you may have regarding how to use these educational resources.

SAFE MEDICATION PRACTICES FOR LIFE



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