

Safe Medication Practices for Life: An Orientation for Fraternities and Sororities to Generation Rx University

Facilitator's Guide : Getting Started

OVERVIEW

College students are at a vulnerable age for initiating prescription drug misuse, and research indicates that students engaged in fraternity and sorority life may be at higher risk¹. We can make a difference by raising awareness and creating a campus environment for the safe use of medications.

“Safe Medication Practices for Life: An Orientation for Fraternities and Sororities to Generation Rx University” is an educational program specifically designed for engaging students in fraternity and sorority life, and developed through a partnership between Generation Rx and multiple fraternal national organizations. Please visit <http://go.osu.edu/genrxflife> to access the videos, PowerPoint presentation, and facilitator talking points needed to present this program.

This program aims to:

- 1 Discuss** the scope, causes, and consequences of prescription drug misuse
- 2 Explain** the safe medication practices that help young adults use medications safely
- 3 Develop skills** that support young adults making safe and healthy choices involving medicine



What follows is information for students and staff to present this educational program. In addition, pages 3-4 offer guidance for presenting this program in-person or virtually.

Who is my audience?

This educational program is appropriate for college-aged students engaged in fraternity and sorority life.

Who can present this program?

This program is designed for delivery by peer educators, but professional staff members, volunteers, and F/S Life advisors can also serve as effective facilitators. Examples of peer educators include officers, upper-class members, and members passionate about prevention education. In addition, professional students in health, pharmacy, or medical fields serve as excellent resources and are eager to discuss these important messages with others – consider partnering with one of them to co-present a program.

Can you deliver this program through either in-person or virtual modalities?



Yes! Facilitators can deliver this program through either in-person or virtual modalities. We encourage you to select the modality that works best for your program, and follow the relevant suggestions for program delivery presented later in this guide.



OVERVIEW (CONT.)

What is the program itinerary?

This program includes four modules – each module includes viewing a short video (3-4 minutes) and engaging participants in a small group discussion. This program is highly flexible – you can deliver all four modules during one session or deliver four shorter programs across several sessions. Each module takes approximately 20-25 minutes to complete. We encourage you to select the option that works best for your program.

 Module	 Accompanying Video on GenerationRx.org	Corresponding Slides in the Slide Deck
Module 1: Prescription Opioids*	The Impact of Misusing Prescription Opioids	Slides 1-16
Module 2: Prescription Stimulants	The Impact of Misusing Prescription Stimulants	Slides 17-26
Module 3: Prescription Sedatives	The Impact of Misusing Prescription Sedatives	Slides 27-36
Module 4: Safe Medication Practices*	Safe Medication Practices for Life	Slides 37-55

**These modules include introductory (Module 1) and closing (Module 4) slides. Thus, if you present four shorter sessions, we do encourage you to work through the modules in the order listed.*

What are the technology requirements?

For virtual delivery, the program structure reflects delivery of a synchronous session using an online videoconferencing platform. For an in-person delivery, technology requirements include internet access for viewing videos and a computer with Microsoft PowerPoint®.

PROGRAM DELIVERY TIPS AND SUGGESTIONS

Framing the conversation

- Do not suggest that the majority of young adults misuse medication. Recent research suggests that on average, 77% of college students safely use medication (i.e. only 23% have misused medication in their lifetime, even fewer misuse regularly)².
- Although the majority of young adults do not misuse medication, many are impacted by this public health crisis. Try engaging participants in thoughtful conversation and present information in a non-judgmental manner.
- While discussing the risks associated with prescription drug misuse, do not imply that the danger lies in taking prescription medication per se. It is the non-medical use of these medications, their use without a prescription from a healthcare provider, or their use in ways other than prescribed, that we are trying to prevent.

Using person-first language

- For an individual with a substance use disorder, experiencing stigma often prevents the individual from seeking or receiving help. Thus, it is critical to use supportive language that reduces stigma and discrimination, and fosters a culture that supports individuals toward seeking help or maintaining their recovery. For example, this table indicates the alternative to use instead of the term in the left column³.

Term	Alternative
Addict, abuser	Person with a substance use disorder
Abuse	Misuse, harmful use
Clean/dirty	Negative/positive
Habit	Substance use disorder

IN-PERSON DELIVERY



If you are delivering this program in-person, complete these steps both before and during the program.

Ideas for facilitating small group discussion:

- 1 Once in a small group, ask participants to appoint a group leader.
- 2 Encourage participants to discuss the relevant discussion prompts – the group leader can help navigate and summarize the conversation.
- 3 After a period of time, end the small group discussion and resume the program with the larger group. Ask 1-2 group leaders to share a summary of their small group conversation.

Other Discussion Techniques

Even with small groups, it may be difficult to generate discussion. Here are a few additional tactics to encourage conversation:

- **Notecard Swapping** – purchase a set of small index cards. Distribute several index cards to each participant. After you ask a question, encourage each participant to write their answer on one notecard. Each participant should then exchange their notecard with another individual – this “swapping” should occur 2-3 times in succession. After the exchange is complete, encourage participants to discuss the answers on their notecards with their peers nearby. Do they agree or disagree with these written thoughts? Encourage small groups to share their thoughts with the larger group. This approach works best with questions that generate different opinions or responses.
- **Leverage the Group Leader** – encourage the group leader to first offer their response related to the prompted discussion question, allowing others to feel more comfortable following with their individual thoughts.

Before the Program:

- Download and print the facilitator talking points (one copy/facilitator).
- Ensure the computer you are presenting from is connected to the internet.
- Access any relevant videos on <http://go.osu.edu/genrxflife> – minimize them on your computer.
 1. The Impact of Misusing Prescription Opioids
 2. The Impact of Misusing Prescription Stimulants
 3. The Impact of Misusing Prescription Sedatives
 4. Safe Medication Practices for Life
- Access the PowerPoint presentation, *An Orientation for Fraternities and Sororities to Generation Rx University*, on <http://go.osu.edu/genrxflife>.

During the Program:

We encourage you to follow this outline for the program itinerary:

1. Introduce facilitators
2. Place participants in small groups of 4-6 people to facilitate discussion for each module. If small groups are not possible, ask individuals to partner with a nearby peer.
3. If time allows, ask participants to introduce themselves within their small group.
4. Present the PPT slide deck and deliver the program using the facilitator talking points as a guide – the talking points will prompt you to play the videos at different points throughout the program. Recall that you can present an individual module or the entire slide deck (see table from previous section).
5. Wrap-up with a Q&A session.

VIRTUAL DELIVERY

If you are delivering this program virtually, complete these steps both before and during the program.

Ideas for facilitating small group discussion:

- 1 Once in a small group, ask participants to appoint a group leader.
- 2 Encourage participants to discuss the relevant discussion prompts – the group leader can help navigate and summarize the conversation.
- 3 After a period of time, end the small group discussion and resume the program with the larger group. Ask 1-2 group leaders to share a summary of their small group conversation.

Other Discussion Techniques

Even with small groups, it may be difficult to generate discussion. Here are a few additional tactics to encourage conversation:

- **Chat Thread** – instead of forming small groups, the program facilitator can ask participants to type their ideas and responses in the chat thread. With this approach, we do encourage a co-facilitator to exclusively monitor the chat thread in an effort to help summarize the conversation or answer any questions.
- **Polling** – some discussion questions may adapt well to a polling question. This is an effective approach if you are working with a large group and have concerns about generating more formal discussion. Again, we encourage you to work with a co-facilitator to implement the polling questions and to help you summarize the results. Please review your platform's Polling settings and set-up any polls needed prior to hosting the program.
- **Leverage the Group Leader** – encourage the group leader to first offer their response related to the prompted discussion question, allowing others to feel more comfortable following with their individual thoughts.



Before the Program:

- Download and print the facilitator talking points (one copy/facilitator).
- Identify the videoconferencing platform approved for use by your institution or organization. Consider becoming familiar with the platform's tools and features that you may utilize during the program.
- Access the following videos on <http://go.osu.edu/genrxflife> – minimize them on your computer.
 1. The Impact of Misusing Prescription Opioids
 2. The Impact of Misusing Prescription Stimulants
 3. The Impact of Misusing Prescription Sedatives
 4. Safe Medication Practices for Life
- Access the PowerPoint presentation, *An Orientation for Fraternities and Sororities to Generation Rx University*, on <http://go.osu.edu/genrxflife>.

During the Program:

We encourage you to follow this outline for the program itinerary:

1. Introduce facilitators
2. Use breakout rooms to form small groups of 4-6 people to facilitate discussion for each module. If small groups are not possible, ask individuals to use the chat thread to share their thoughts.
3. If time allows, ask participants to introduce themselves within their small group or through the chat thread.
4. Present the PPT slide deck and deliver the program using the facilitator talking points as a guide – the talking points will prompt you to play the videos at different points throughout the program. Recall that you can present an individual module or the entire slide deck (see table from previous section).
5. Wrap-up with a Q&A session.

ADDITIONAL RESOURCES



Following the completion of your program, we encourage you to give participants the opportunity to ask questions. No one is expecting you to be the expert, and it is okay to tell participants that you do not know but can help them find an answer. If you need help identifying answers, you are always welcome to email info@generationrx.org. In addition, you may consider referring participants to consult the resources below for more information.

1 Treatment Resources

The U.S. Substance Abuse and Mental Health Services Administration also provides a Behavioral Health Treatment Services Locator for persons searching for facilities treating substance use disorder. Visit findtreatment.samhsa.gov, or call the hotline at **1.800.662.HELP** to find help near you.

In addition, talk with your healthcare provider. They may be able to guide you to medical specialists, local treatment facilities, or medication-assisted treatment providers for help.

2 Campus Resources

If you think someone you know might have a problem, use campus resources to find help. These resources include: student health and wellness centers, campus recovery programs, college or university counseling services, academic advisors, and inter/national organizations.

3 GenerationRx.org

[GenerationRx.org](https://www.generationrx.org) is an excellent resource for more information related to medication misuse. Browse the website to learn common signs and symptoms to facilitate recognizing misuse, steps for taking action in a drug overdose situation, and information about the use of naloxone as a harm reduction strategy.

SOURCES

1. Phillips, Erica L. & McDaniel, Anne E. (2018). College Prescription Drug Study: Sorority and Fraternity Life. Center for the Study of Student Life, The Ohio State University: Columbus, Ohio. Available at go.osu.edu/cpds
2. Phillips, Erica L. & McDaniel, Anne E. (2018). College Prescription Drug Study Key Findings Report. Center for the Study of Student Life, The Ohio State University: Columbus, Ohio. Available at go.osu.edu/cpds
3. Adapted from The National Alliance for Advocates of Buprenorphine Treatment, naabt.org





ENGAGE THE BROADER COMMUNITY

In addition to these resources, the University Toolkit is also available for general collegiate audiences. You can also take action by sharing what you have learned with others using our free, turnkey resources for children, teens, or adults. Visit GenerationRx.org to see the entire suite of resources available.

This project was developed in collaboration with:



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