

## Slide 1

Presenter Name  
Presenter Organization

**SAFE MEDICATION  
PRACTICES FOR LIFE**

An Orientation for Fraternities and Sororities to Generation Rx University

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

Cardinal Health

**GenerationRx**  
Safe medication practices for life.

Welcome to today's program: "Safe Medication Practices for Life: An Orientation for Fraternities and Sororities 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, look at fraternity and sorority (F/S) statistics compared to all college students, 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 nonmedically 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.

©2020 The Ohio State University

GenerationRx.org 2

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 month<sup>1</sup>.
2. More than 5,500 Americans misuse a prescription medication for the first time every day<sup>1</sup>.
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...*

©2020 The Ohio State University

GenerationRx.org 3

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



## 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...



©2020 The Ohio State University

GenerationRx.org 3

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, but students engaged in F/S Life may be at higher risk<sup>5</sup>.
  - If we examine data from non-Greek men and women, 75% - 81% report *never misusing* medication in their lifetime; meaning, only 25% of non-Greek men and 19% of non-Greek women report *having ever misused* at least one medication in their lifetime.
  - And while the majority of college students engaged in F/S Life also safely use medication, they may be at higher risk. For example, the percent that *have misused in their lifetime* is higher (45% fraternity men and 27% sorority women have reported lifetime misuse<sup>5</sup>).
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 brothers and sisters 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*



©2020 The Ohio State University

GenerationRx.org 5

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



## Slide 6

The slide features a green banner on the left with the text 'Module 1: Prescription Opioids'. The main image shows a medical prescription form with fields for 'PATIENT NAME' and 'ADDRESS', a large 'Rx' symbol, and a pile of white and orange capsules next to a tipped-over pill bottle. The footer includes '©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 (9.2% students engaged in F/S Life and 8.8% for non-Greek students) had misused a prescription opioid in their lifetime<sup>5</sup>.
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 has a green banner with the text 'Video: The Impact of Misusing Prescription Opioids'. Below the banner is a diagram titled 'How Opioid Drugs Work in the Brain' showing two brain profiles. The first profile is labeled 'Relieve Pain' and shows a signal entering the brain. The second profile is labeled 'Hijacks Reward System' and shows a signal entering the brain and connecting to a reward system. The footer includes '©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 banner with the text 'Module 1:'. Below the banner is a photo of a group of diverse college students sitting on a bench and talking. The text 'Discuss in small groups:' is written in blue. Below this is a list of three discussion questions. The footer includes '©2020 The Ohio State University' and 'GenerationRx.org 12'.

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




## 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?

 ©2020 The Ohio State University GenerationRx.org 8

### 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.

## Slide 10

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



 ©2020 The Ohio State University GenerationRx.org 9


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.
3. Many fraternity men (42%) and sorority women (55%) have never misused a prescription pain, sedative and/or stimulant medication with alcohol<sup>5</sup>.


## 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?

 ©2020 The Ohio State University GenerationRx.org 10

### Note to Presenters:

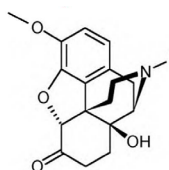
You can utilize this slide as a placeholder for 1-2 group leaders to share a summary of their small group conversation. Advance the slide to provide additional content and talking points that can help reinforce or elaborate upon the ideas shared.

# SAFE MEDICATION PRACTICES FOR LIFE

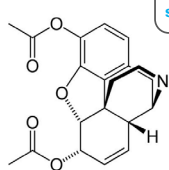


## Slide 12

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 first<sup>2</sup>.
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:

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.

## 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 chapter members, F/S community, 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

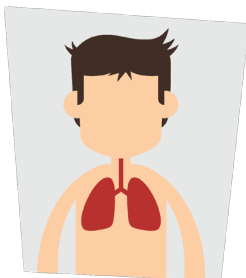


If you suspect someone has overdosed on *any* drug or alcohol, how can you take action?

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 (i.e. chapter house), work with your local campus community and national organization to ensure you are following proper guidelines and protocols.

## Slide 17

### 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 stimulants.
  - 26.5% of F/S Life students and 14.4% of non-F/S Life students reported having ever misused a prescription stimulant in their lifetime<sup>5</sup>.
  - While most college students do not misuse prescription stimulants, the data does indicate a statistically higher percentage for students engaged in F/S Life.
2. Let's explore how misusing prescription stimulants may impact you and others.

# SAFE MEDICATION PRACTICES FOR LIFE



## Slide 18

**Video:**  
**The Impact of Misusing Prescription Stimulants**

©2020 The Ohio State University  
GenerationRx.org 17

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 brother or sister for their medication, how do you think this request makes them feel?
3. Is mixing alcohol with prescription stimulants a big deal?

©2020 The Ohio State University  
GenerationRx.org 22

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?

©2020 The Ohio State University  
GenerationRx.org 18

### 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



## 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

©2020 The Ohio State University GenerationRx.org 21

Research shows that students who misuse prescription stimulants typically have lower grade-point averages<sup>4</sup>.

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 drugs<sup>4</sup>.
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 your chapter.

## Slide 22

**Module 2:**

**Discuss in small groups:**

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

©2020 The Ohio State University GenerationRx.org 20

### 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.

## 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...

©2020 The Ohio State University GenerationRx.org 23

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




## Slide 24

### Module 2:

**Discuss in small groups:**

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



©2020 The Ohio State University

GenerationRx.org 22

### 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.

## Slide 25

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



...and increases your risk for dangerous levels of intoxication

©2020 The Ohio State University

GenerationRx.org 25


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



©2020 The Ohio State University

GenerationRx.org 26


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



## Slide 27

### Module 3: Prescription Sedatives



©2020 The Ohio State University

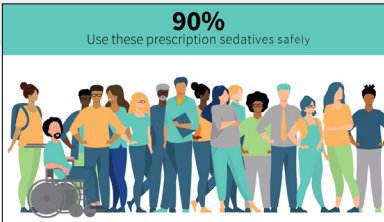
GenerationRx.org 25

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 lifetime<sup>5</sup>.
  - While most college students do not misuse prescription sedatives, the data does indicate a statistically higher percentage for students engaged in F/S Life (12.4% of F/S Life students versus 9.4% of non-F/S Life students<sup>5</sup>).
2. Let's explore how misusing prescription sedatives may impact you and others.

## Slide 28

### Video: Prescription Sedatives



©2020 The Ohio State University

GenerationRx.org 26


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.

## Slide 29

### 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?

©2020 The Ohio State University

GenerationRx.org 36

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




## 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?



©2020 The Ohio State University

GenerationRx.org 30

### 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.

## Slide 31

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



GenerationRx.org 31

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



## Slide 32

**Be aware of**  
illegally  
manufactured  
fentanyl

An illustration of a hand holding several pills, with question marks floating around them, symbolizing uncertainty or a warning about the pills.

GenerationRx.org 32

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.

## Slide 33

**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?

An illustration of a group of people sitting around a table, engaged in a discussion or meeting.

©2020 The Ohio State University  
GenerationRx.org 36

### 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.

*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



## Slide 34

**Avoid self-medicating—talk with your healthcare provider**

- 1 Individual prescribed the medication
- 2 How much and how often
- 3 Warnings

©2020 The Ohio State University

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.

## Slide 35

**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?

©2020 The Ohio State University

### 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



## Slide 36

Consider methods to manage stress that support your well-being

The diagram illustrates three methods to manage stress: Physical Activity (represented by a person running), Trusted Friends or Adults (represented by two people talking), and Professional Care (represented by a person with a speech bubble and a medical cross). The slide is titled 'Consider methods to manage stress that support your well-being' and includes the GenerationRx.org logo in the bottom right corner.

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

Module 4:  
Safe Medication  
Practices

The slide features the title 'Module 4: Safe Medication Practices' in blue text on a white background. To the right is a photograph of four students sitting on a bench outdoors, engaged in conversation. The slide is titled 'Module 4: Safe Medication Practices' and includes the GenerationRx.org logo in the bottom right corner.

We've discussed the impact of misusing prescription opioids, stimulants, and sedatives. In some cases, students engaged in F/S Life may be at a higher risk for engaging in medication misuse behaviors. Some data indicates that these findings may partly be explained by the close-knit community and social interactions of students within F/S Life, which could foster an environment that provides easy access to medication. For example, students involved in F/S Life were more likely to select "very easy" when describing obtaining prescription stimulants vs. students not involved in F/S Life<sup>5</sup>.

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



## Slide 38

**Video:**  
**Safe Medication Practices**

The video thumbnail shows a woman standing in front of four doors, each with a different icon: a pill bottle, a hand, a padlock, and a shield. The text '4 Safe Medication Practices' is overlaid on the image.

©2020 The Ohio State University  
GenerationRx.org 26

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 group of five people sitting in a circle, engaged in a discussion.

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?

©2020 The Ohio State University  
GenerationRx.org 36

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 group of five people sitting in a circle, engaged in a discussion.

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

©2020 The Ohio State University  
GenerationRx.org 27

### 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



## Slide 41

### Store medication in lockable spaces



©2020 The Ohio State University  
GenerationRx.org 41

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](https://rxdrugdropbox.org)

©2020 The Ohio State University  
GenerationRx.org 30

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](https://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](https://rxdrugdropbox.org) and identify a local drug drop box in your area. Consider sharing your findings during the program.

## Slide 43

### If needed, safely dispose of medications at home:

STEP 1



STEP 2



STEP 3



©2020 The Ohio State University  
GenerationRx.org 31

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](https://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



## 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 brother or sister invites you to misuse medication; or, if someone asks for your medication?


©2020 The Ohio State University      GenerationRx.org 34

### 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.

## Slide 45

### Need help saying “no” to a brother or sister?



**Want to pregame with some meds?**

**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 brother/sister, I don't want to see either of us supporting something that could jeopardize our membership standing...

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

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


©2020 The Ohio State University      GenerationRx.org 33

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 brother or sister invites you to misuse medication; or, if someone asks for your medication?
3. What are positive alternatives to misusing medications?

©2020 The Ohio State University      GenerationRx.org 34

### 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



## 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:

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.

## Slide 49

### 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, including those engaged in F/S Life, 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, friends, and other members 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.



©2020 The Ohio State University

GenerationRx.org 50

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



©2020 The Ohio State University

GenerationRx.org 51

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

## Slide 52

### Need help? Use Campus Resources:

1. Student health or wellness center
2. Campus Recovery Programs
3. College or university counseling services
4. Inter/National Organization
5. Academic advisors



©2020 The Ohio State University

GenerationRx.org 52

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, talk with your inter/national organization, 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



## Slide 53



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](http://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.

## Slide 55



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](http://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



F/S Life Facilitator Talking Points

## SOURCES

1. Substance Abuse and Mental Health Services Administration. (2019). Key substance use and mental health indicators in the United States: Results from the 2018 National Survey on Drug Use and Health, (HHS Publication No. PEP19-5068, NSDUH Series H-54). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Retrieved from <http://www.samhsa.gov/data/>
2. Compton WM, Jones CM, and Baldwin GT (2016) Relationship between Nonmedical Prescription-Opioid Use and Heroin Use. N Engl J Med, 374:154-63, DOI:10.1056/NEJMra1508490.
3. Center for Disease Control and Prevention, National Center for Injury Prevention and Control (2019, May 31). Fentanyl. Centers for Disease Control and Prevention. Retrieved September 23, 2019, from <https://www.cdc.gov/drugoverdose/opioids/fentanyl.html>
4. Amelia M. Arria PhD & Robert L. DuPont MD (2010) Nonmedical Prescription Stimulant Use Among College Students: Why We Need to Do Something and What We Need to Do, Journal of Addictive Diseases, 29:4, 417-426, DOI:10.1080/10550887.2010.509273
5. Phillips and McDaniel (2018). College Prescription Drug Study Key Findings: Fraternity & Sorority Life. Center for the Study of Student Life, The Ohio State University. Visit <https://cssl.osu.edu/research-projects/college-prescription-drug-study/results>