

Medicine Abuse Prevention & Secure Medicine Return Policies



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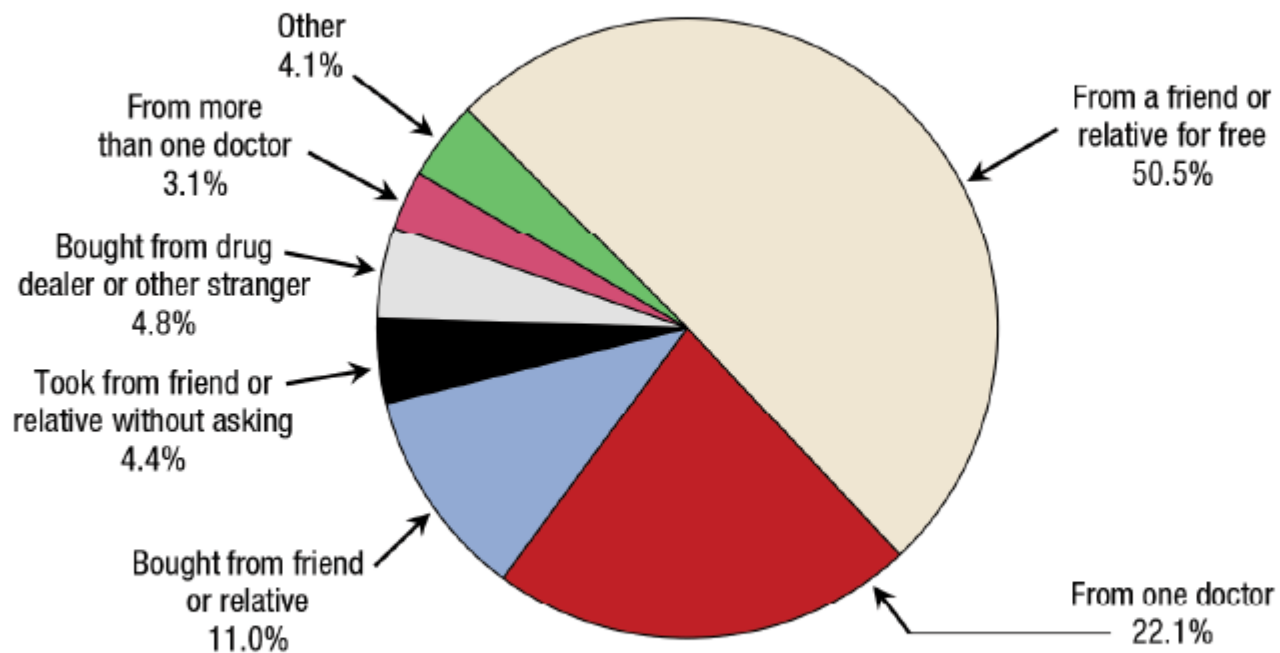


Today's Presentation & Discussion

- Primary prevention & the medicine cabinet
- Local Secure Medicine Return Policies
- Manufacturers' MED-Project programs
- King County Heroin & Opiate Task Force – Primary Prevention Workgroup
- Discussion

The “drug dealer” in the medicine cabinet

Figure 1. Source of prescription pain relievers for the most recent nonmedical use among past year users aged 12 or older: annual averages, 2013 and 2014



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Surveys on Drug Use and Health (NSDUHs), 2013 and 2014.

Epidemic of Opioid & Heroin Abuse

57% of heroin users in WA State were dependent on prescription opioids before they began using heroin.

– UW Alcohol and Drug Abuse Institute

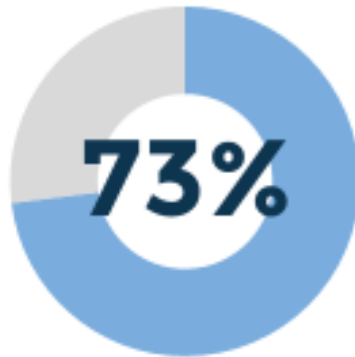


2016 Survey of Whatcom County residents

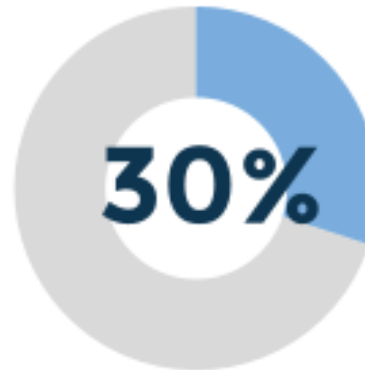
Behavioral Health Concerns



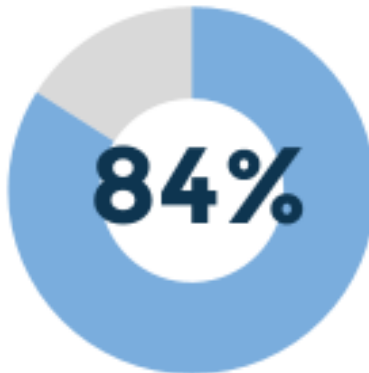
of teens say
prescription pain
meds are easy to
get from home
medicine
cabinets



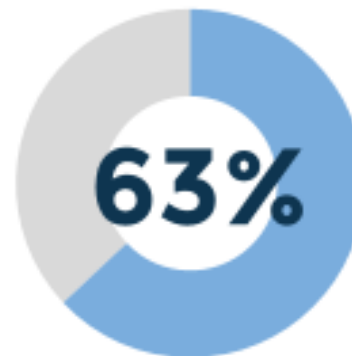
of respondents reported
experiencing a situation
where they or someone
they know personally
had medicines taken
from them for use or
abuse by someone else



of respondents
indicated being very
to somewhat likely to
use a convenient
location for medicine
disposal.



of parents with
youth living with
them, reported
having expired,
leftover or unwanted
medicine in the
home



Many Types of Medicines Abused

Commonly Abused Rx Drugs

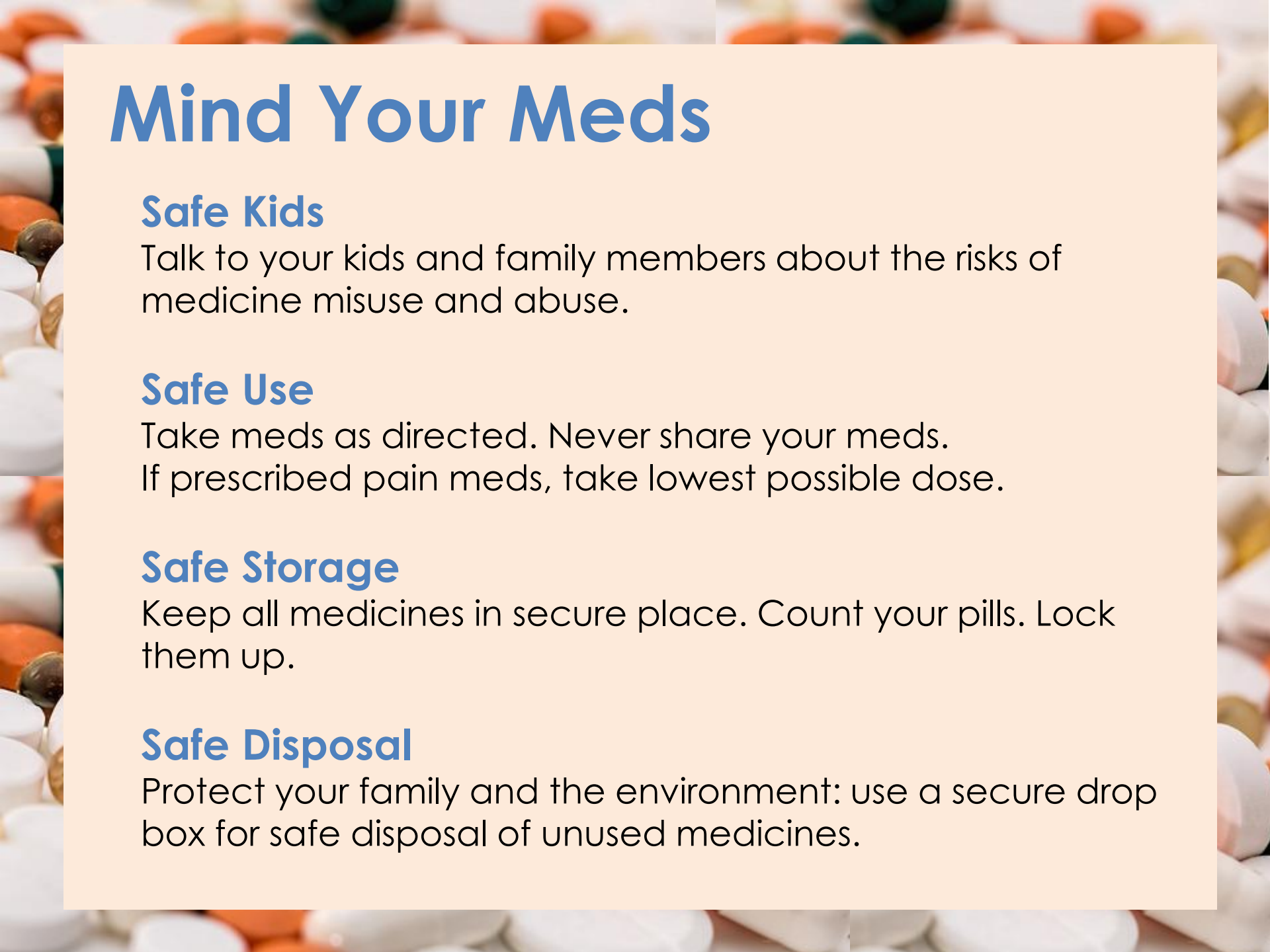
- Opioids
- Stimulants
- Sedatives
- Anti-anxiety drugs

Adderall misuse among young adults rose 67% and ER visits increased, 2006-2011.

Commonly Abused Over-The-Counter drugs

- cough/cold medicines (DXM)
- antihistamines
- diet pills
- laxatives, diuretics
- loperamide (Immodium)





Mind Your Meds

Safe Kids

Talk to your kids and family members about the risks of medicine misuse and abuse.

Safe Use

Take meds as directed. Never share your meds.
If prescribed pain meds, take lowest possible dose.

Safe Storage

Keep all medicines in secure place. Count your pills. Lock them up.

Safe Disposal

Protect your family and the environment: use a secure drop box for safe disposal of unused medicines.

Secure Medicine Return:

Safe for Your Family and Our Environment



Photo: San Francisco Department of Environment

Secure and safe.

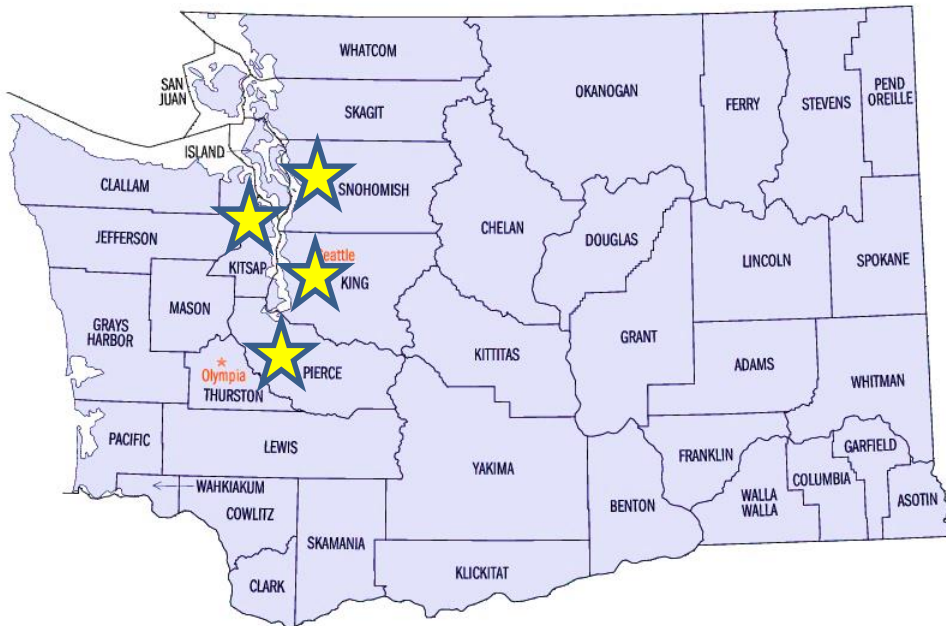
Reduces access and risks.
Helps prevent medicine abuse, poisonings, and overdoses.

Environmentally sound.
Keeps waste medicines from adding to pharmaceutical pollution.

FDA, DEA, EPA, and local agencies recommend secure medicine return as better than trash disposal.

Secure Medicine Return Regulations in 4 Washington Counties

Medicine manufacturers are required to finance and coordinate a convenient medicine take-back system under a local Board of Health ordinance.



- ✓ King County in 2013
- ✓ Snohomish County in 2016
- ✓ Kitsap County in 2016
- ✓ Pierce County in 2016

& several more counties working on policies.

Voluntary medicine take-back programs are not adequate or sustainable.

only capturing “tip of the iceberg”

No resources to expand collection sites to pharmacies and hospitals.

No resources for program promotion.

Staffing burden on law enforcement and local agencies.

Unstable funding means programs have shut down.

No capacity to collect more uncaptured drug waste.

Current Medicine Take-Back Options

other than in King & Snohomish counties which have Secure Medicine Return programs

DEA-coordinated Drug Take-Back Events
twice-a-year; spring/fall on Saturdays

Ongoing Drop Boxes at Some Police/Sheriff Stations and A Few Pharmacies

- Not in all communities. Not coordinated system.
- Most drop boxes at law enforcement agencies.
- More pharmacies becoming DEA authorized.
- Walgreens drop boxes at 10 stores in WA (out of 134 stores).

Return Mailers

- Limited availability.
- Often sold for a fee.
- Not all accept controlled.

www.TakeBackYourMeds.org



Protect our Kids,
Families, and Environment.



Why Take Back Your Meds? ▾

What You Can Do Now ▾

News, Media & Resources

About



For questions about Take-back locations in King county, please visit [King County Secure Medicine Return](#).



Medication Take Back Locations ★

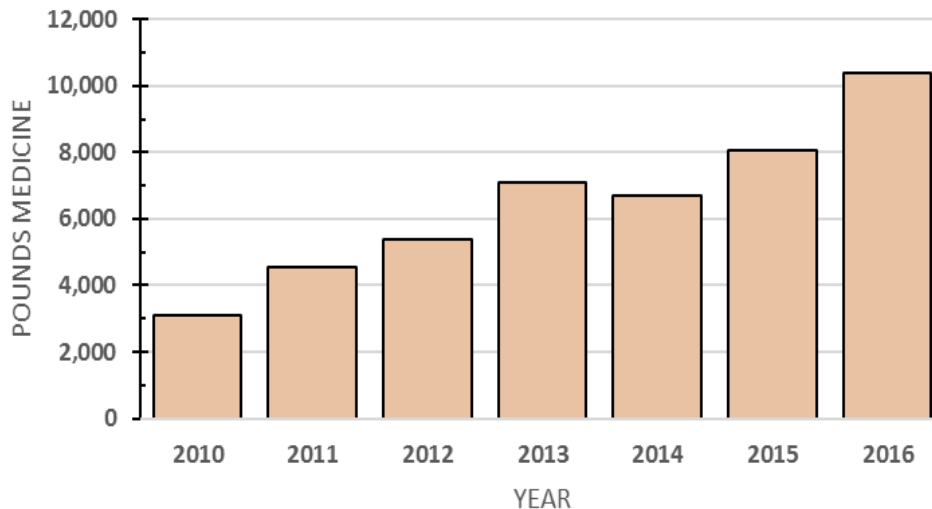


Medicine Collection Amount Examples

Snohomish County: 45,274 pounds in 6 years

at 25 law enforcement drop boxes, with only word of mouth promotion.

**Snohomish County Law Enforcement
Medicine Collection (pounds)**



Pierce County:

29,000 pounds of
medicines collected
from 2010-2015,
at 17 law enforcement
drop boxes.

Twice-a-year DEA Drug Take-back Events

More than 175,000 pounds collected from 2010 to 2017 in WA.

Over 19,000 pounds of medicines in 4 hours on October 22, 2016.

2014 DEA Rule Allows More Take-Back Options

Disposal options for “**ultimate user**” – person who legally possesses a controlled substance for themselves, a household member, or a pet.

All medicines can be comingled.



Secure Collection Receptacles at:

- ✓ Retail pharmacies
- ✓ Hospitals/clinics with on-site pharmacies
- ✓ Narcotic treatment centers
- ✓ Long-term care facilities (partnered with a retail pharmacy)
- ✓ and Law enforcement facilities, as previously allowed.



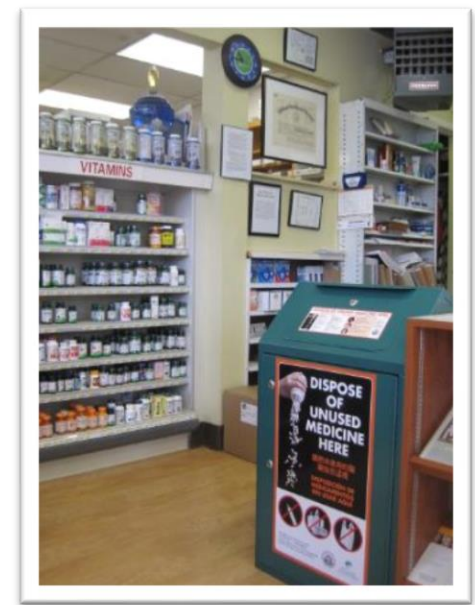
Take-Back Events Run By Law Enforcement



Mail-back Programs

Convenient Pharmacy Drop Boxes Collect More Medicines

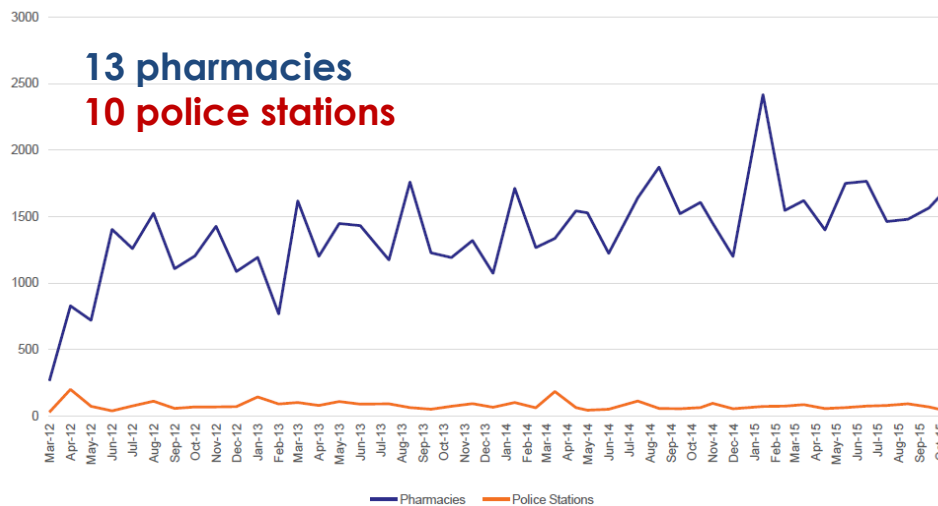
San Francisco Pilot 2012-2015
partially funded by PhRMA and Genentech



Residents Prefer Pharmacies



Pounds Collected by Location Type



Pharmacy collection fluctuations primarily due to periodic reporting.

2013 Waste Sort

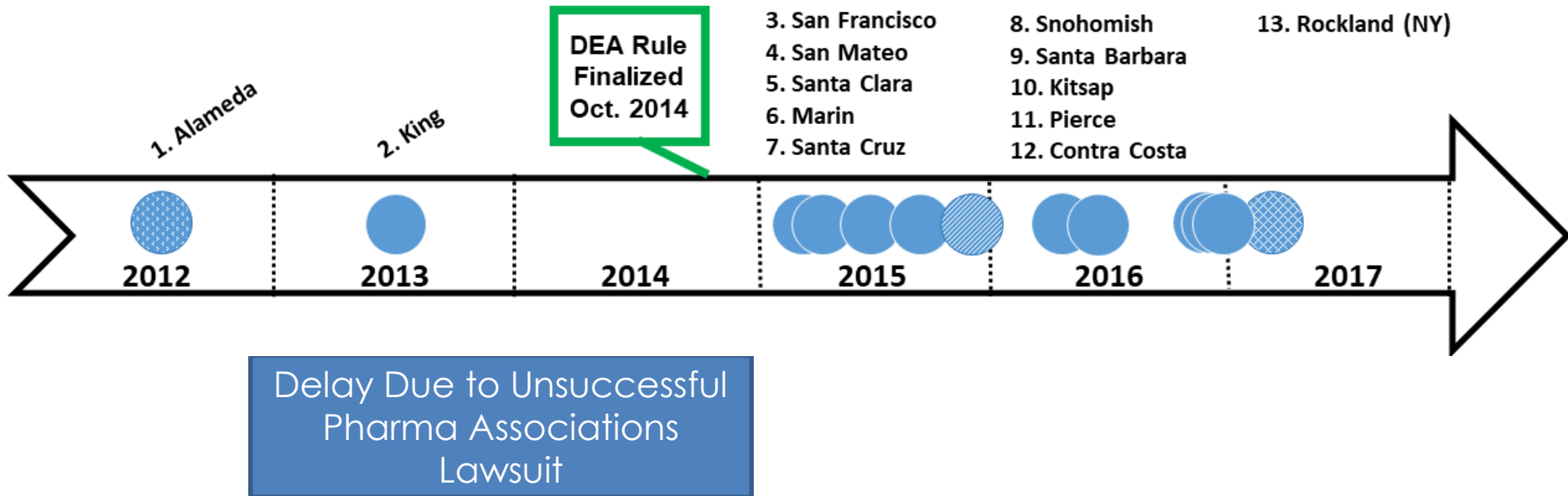
72% prescription
23% over-the-counter

11.6% controlled substances
only 10 of 23 sites took controlled

DEA Rule (2014) does not allow waste sorts of collected medicines.

History of Local Secure Medicine Return Policies

Local ordinances enacted in four Washington counties and eight California counties.



Overview of Local Board of Health Secure Medicine Return Regulations

Drug manufacturers must finance and provide secure medicine return system.

- **Provide secure drop boxes** in every pharmacy, hospital, and law enforcement agency that volunteers to participate.
Minimum number of sites in each city/town or unincorporated area.
Collection events or mailers fill in any service gaps.
Prepaid mailers for homebound residents.
- **Accept prescription and over-the counter medicines.**
- **Provide education;** safe storage & promote program; conduct public awareness surveys; annual reporting.
- **Secure protocols** per DEA Rule and all federal/state laws.
- **Environmentally sound disposal** at EPA recommended incinerators.

Government provides oversight for safety and compliance.

Now operating in Snohomish & King counties

Manufacturers' MED-Project Program

Secure drop boxes at participating:

- ✓ Retail pharmacies
- ✓ Grocery stores with pharmacies
- ✓ Clinics/hospitals
- ✓ Law enforcement agencies

**Narcotics and controlled drugs accepted
at ALL locations**

**Prepaid mailers available upon request &
distributed at county libraries**

www.med-project.org



Snohomish: 31 drop-off sites

King: 99 drop-off sites

Which Medicines?



ACCEPTED

PRESCRIPTION DRUGS

OVER-THE-COUNTER DRUGS

PET MEDICINES

pills, capsules, liquids, creams

CONTROLLED SUBSTANCES –
such as Oxycontin, Vicodin,
Ritalin, Xanax



NOT ACCEPTED

INHALERS

SHARPS

VITAMINS/SUPPLEMENTS

PERSONAL CARE PRODUCTS

ILLEGAL DRUGS

MEDICINES FROM BUSINESSES

Where?

<http://med-project.org/locations/king-county/convenient-kiosks>

MED-Project.org

or call

1-844-633-7765

Starting Point

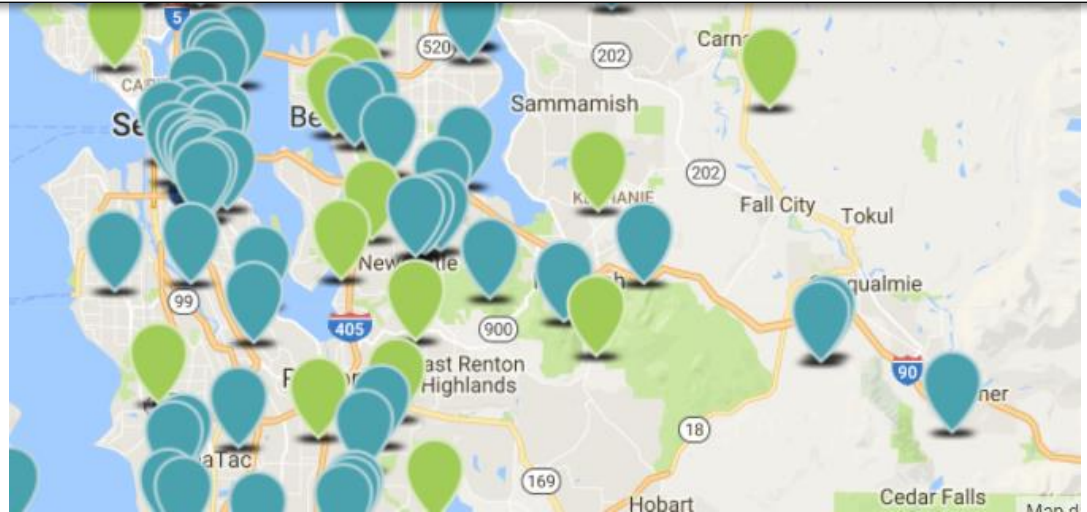
Zipcode

Radius

5 miles

SEARCH

☐ Unwanted Medicine Kiosks ☐ Mail-Back Distribution Sites



Prepaid Return Mailers

For home bound & differentially-abled residents, or for areas without drop boxes.

8"x11" envelope
8 ounces of unwanted medicines



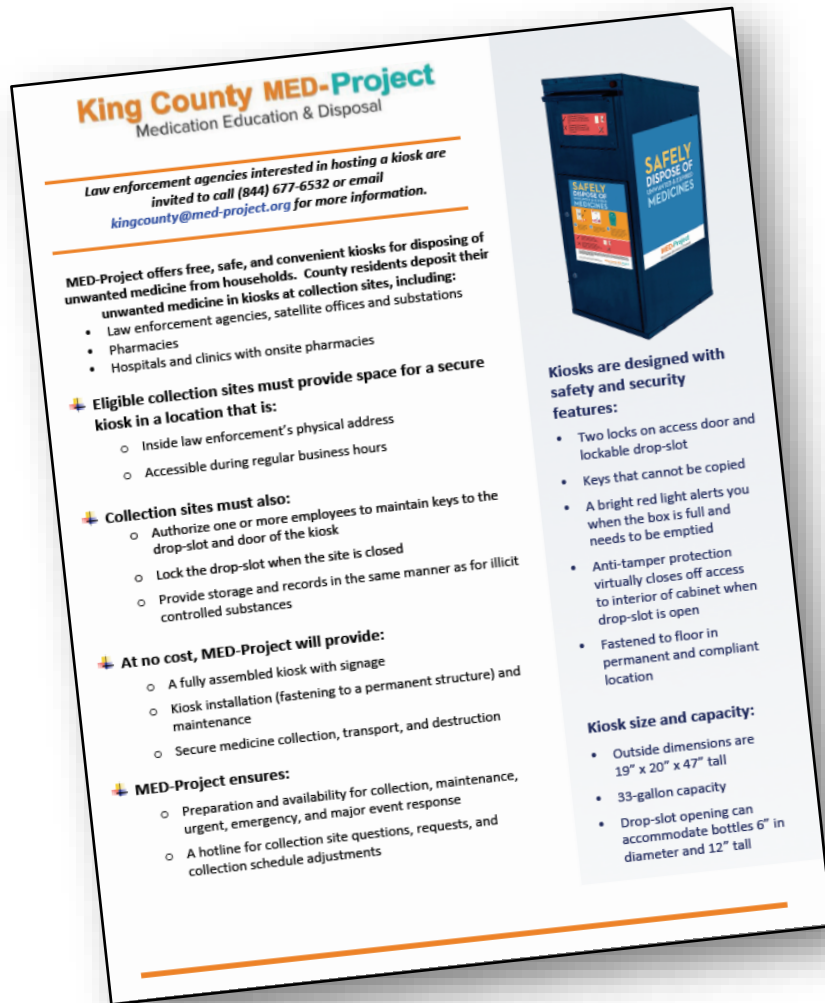
Call 1-844-633-7765

Request online www.med-project.org/locations/king-county

Pick-up at King County Libraries & at Town Halls

Home healthcare professionals can request for patients

Participating as a Collector in the Drug Manufacturers' MED-Project Program



Voluntary.

MED-Project must include any law enforcement agency or qualified retail pharmacy willing to host a drop box.

Under Snohomish, Kitsap and Pierce laws, any qualified hospital must also be included.

Manufacturers may include other collection sites, like long-term care facilities.

Collectors must follow all DEA security requirements.

Pharmacies must be DEA authorized collectors.

See [medicinereturn.org](https://www.medicinereturn.org) for King County program info.

Estimated Cost to Drug Manufacturers for Pharmaceutical Stewardship

~ 0.1% of annual medicine sales.

about 1 penny for public safety
for every \$10 in medicine sales



Program costs estimates:

~ \$1-2 million per year for King County *from industry and county estimates*

410 drug manufacturers participating in MED-Project LLC.

Annual Medicine Sales in King County > \$1.7 billion.

~ \$5.8 billion annual medicine sales in WA.

~ \$532 million per year spent on drug promotions.

Catalyzing a Local Policy Process



1. Build off the successful models in other counties. Get your local facts together.
2. Talk with your local health agency
3. Talk with your local Board of Health members
4. Engage community stakeholders
5. Anticipate & respond to questions. Focus on the community need.



WA Secure Drug Take-Back Act



Photo by [Stephen Colebourne](#) 

SHB 1047 Rep. Strom Peterson (21st)

Bill will carry forward to 2018 session.

Modeled on WA county laws,
which would be grandfathered until
18 months after state program launches.

Supporters: law enforcement, public health agencies, prevention advocates, doctors, nurses, dentists, seniors, hospice and home care professionals, fire fighters, environmental groups, and more!

New support in 2017 from pharmacy coalition!

**“Every pill bottle
collected is
another opportunity
to stop an addiction
before it starts.”**

*Representative Strom
Peterson*

What Can You Do?

In counties with Secure Medicine Return ordinances:

- Help promote MED-Project to residents
- Encourage pharmacies and clinic to participate

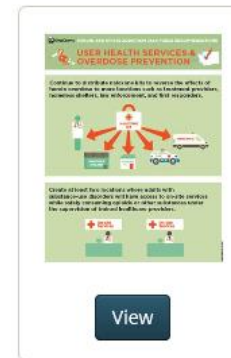
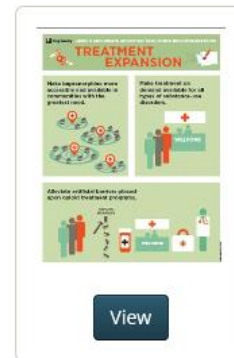
In counties without ordinances: consider catalyzing a local policy process!

Support the WA Secure Drug Take-Back Bill

Educate your community about safe medicine storage & secure medicine return

King County Heroin and Prescription Opiate Task Force – Primary Prevention Workgroup

Infographics



Download a printable PDF version of all four infographics together: [Download \(PDF\)](#)

Document library

[Resources](#)

[Task Force Meeting Materials](#)

http://kingcounty.gov/~media/depts/community-human-services/behavioral-health/documents/herointf/Final-Heroin-Opiate-Addiction-Task-_Force-Report.ashx?la=en

Prevention infographic



Increase awareness of the possible adverse effects of opioid use, including overdose and opioid use disorder.



Promote safe storage and disposal of medications.



Work with schools and health care providers to improve screening practices so we can prevent and identify opioid use.



King County Library System Opioid Education Series

King County Heroin and Prescription Opiate Addiction Task Force Program Series

ADDRESSING
THE OPIATE
EPIDEMIC

When
everyone's
talking
it can make a
difference.

What's on YOUR mind in 2017?
Join in lively conversations about
topics that matter with free
programs at KCLS libraries.

Paths to Recovery Treatment 101: Understanding What Works

Learn about the range of recovery options (social supports, counseling and medications) and the outcomes of each approach. The King County Heroin and Prescription Opioid Addiction Task Force will discuss emerging strategies that emphasize harm reduction and low barrier access to treatment to support individuals on a path of life-long recovery.

*Federal Way Library, Wednesday, February 22, 7pm
Auburn Library, Thursday, April 20, 7pm*

Community Conversation: Heroin and Prescription Opiate Addiction Task Force Report and Recommendations

In response to the crisis levels of heroin and opioid use in King County, the County Executive and mayors of Seattle, Renton and Auburn convened the Heroin and Prescription Opiate Addiction Task Force in March 2016. The Task Force developed recommendations that included strategies to prevent opioid use disorder, prevent overdose, and improve individual access to treatment and support services. Final recommendations were issued on September 15, 2016. Join the conversation, share your goals for community health and safety, and hear members of the Task Force explain more about these recommendations as we seek to address the opioid crisis in King County.

Bellevue Library, Saturday, March 11, 3pm

Making Treatment Work in the Real World for Real People

Compassionate care must be provided where needed, when needed, and in ways that work for all people based on their individual treatment needs. Join the discussion and learn how innovative harm reduction and low barrier approaches helps people begin their journey in the recovery process.

Kirkland Library, Thursday, March 23, 7pm

Heightened Awareness: What Communities Can Do to Answer the Call on the Opioid Crisis

Join a conversation about the complex issues that contribute to and compound the opioid crisis. Learn what communities can do to address the problem. Through the power of conversation, communities can diminish stigma and create positive change.

Renton Library, Saturday, April 1, 1pm

Reasonable accommodation for individuals with disabilities is available; please contact the library prior to the event if you require accommodation.



King County
Department of Community and Human Services



King County Heroin and Prescription Opiate Addiction Task Force Program Series *continued...*

Sharing Stories, Healing Communities: Personal Stories of Those Impacted by Opioid Use Disorder

The power of healing is held within the frame of personal stories. Join the conversation to understand how communities can best meet the needs of individuals suffering from opioid use disorder, provide support and paths to life-long recovery.

Kent Library, Saturday, April 8, 2pm

Opioids 101 The Opioid/Heroin Connection

Learn the risks and benefits of prescription opioids for pain management and how to reduce those risks for yourself, your loved ones and the community.

Shoreline Library, Thursday, April 27, 7pm

Auburn Library • 1102 Auburn Way S • Auburn, WA 98002 • 253.931.3018
Monday-Thursday, 10am-5pm • Friday, 10am-6pm • Saturday, 10am-5pm • Sunday, 1-5pm
kcls.org/auburn • facebook.com/AuburnLibrary

Bellevue Library • 1111 110th Avenue NE • Bellevue, WA 98004 • 425.450.1765
Monday-Thursday, 9am-9pm • Friday, 10am-6pm • Saturday, 10am-6pm • Sunday, Noon-8pm
kcls.org/bellevue • facebook.com/BellevueLibrary

Federal Way Library • 34200 1st Way S • Federal Way, WA 98003 • 253.838.3668
Monday-Thursday, 10am-9pm • Friday, 10am-6pm • Saturday, 10am-5pm • Sunday, Noon-6pm
kcls.org/federalway

Kent Library • 212 2nd Avenue N • Kent, WA 98032 • 253.859.3330
Monday-Thursday, 10am-9pm • Friday, 10am-6pm • Saturday, 10am-5pm • Sunday, 1-5pm
kcls.org/kent • facebook.com/KentLibraryKentWA

Kirkland Library • 308 Kirkland Avenue • Kirkland, WA 98033 • 425.822.2459
Monday-Thursday, 10am-9pm • Friday, 10am-6pm • Saturday, 10am-5pm • Sunday, 1-5pm
kcls.org/kirkland

Renton Library • 100 Mill Avenue S • Renton, WA 98057 • 425.226.6043
Monday-Thursday, 10am-9pm • Friday, 10am-6pm • Saturday, 10am-5pm • Sunday, 1-5pm
kcls.org/renton • facebook.com/RentonLibrary

Shoreline Library • 345 NE 175th Street • Shoreline, WA 98155 • 206.362.7550
Monday-Thursday, 10am-9pm • Friday, 10am-6pm • Saturday, 10am-5pm • Sunday, Noon-8pm
kcls.org/shoreline



KING
COUNTY
LIBRARY
SYSTEM
kcls.org

Opioid Medication & Pain - Flyer






Opioid Medication & Pain: What You Need to Know

If you've had an injury, surgery or major dental work, you are likely to have pain. Pain is a normal part of life and healing. Talk with your doctor about how you can get the most effective pain relief with the least risk.

NON-OPIOID PAIN TREATMENTS HAVE FEWER RISKS

For pain that will likely be gone in a week or two, it is always best to start with non-opioid pain treatments. Opioids may help control pain at first, but they are usually not necessary. Consider other options that may work just as well but have fewer risks.

- Over-the-counter pain relievers
- Physical therapy
- Exercise
- Professional help coping with the emotional effects of pain

OPIOIDS ARE STRONG PRESCRIPTION MEDICATIONS

Opioids can be the right choice for treating severe pain, such as from cancer or immediately after major surgery. However, medications such as Vicodin, Percocet and OxyContin are very powerful and can be deadly. Even if you take them as directed, ALL opioids have serious side effects such as addiction and overdose.

OPIOIDS ARE CHEMICAL COUSINS OF HEROIN AND ARE HIGHLY ADDICTIVE

You can build up a tolerance to opioids over time, so you need to take more and more to get the same relief. The higher the dose, the more dangerous opioids are. You can even become addicted after a short time.

Commonly prescribed opioids:

Codeine
Dilaudid
Fentanyl
Hydrocodone (Vicodin)
Hydromorphone
Methadone
Meperidine
Morphine
MS Contin
Oxycodone (Opana)
Oxycodone (OxyContin)
Percocet

These are only some of the prescription opioids. If you get a prescription for pain, ask your doctor if it is an opioid.

If you are prescribed an opioid for short-term pain:



The prescription should only be for a three-to seven-day supply (often this is as few as 10 pills).



Take the lowest dose possible for the shortest period of time.



Always talk with the doctor about managing your pain better without taking prescription opioids.



Dispose of opioid medicines as soon as you stop using them.*

*King County has dozens of pharmacies that can dispose of your unused medications for free. Find the one closest to you at: www.takebackyourmeds.org.

www.WashingtonHealthAlliance.org www.BreeCollaborative.org

- Partnership
- Modify to add take-back info & takebackyourmeds.org
- King County centric
- Expand population access to information through translation




Opioids Facts & Figures

THE OPIOID EPIDEMIC

Drug overdose is the **leading cause** of accidental death in the US and in Washington state, and opioid addiction is driving the epidemic.

American Society of Addiction Medicine

 More than 3 out of 5 drug overdose deaths involve an opioid.

Centers for Disease Control and Prevention

 Nationally, 4 in 5 new heroin users started out misusing prescription painkillers.

American Society of Addiction Medicine

 In Washington, 57% of people currently using heroin were dependent on prescription opioids before they began using heroin.

UW Alcohol and Drug Abuse Institute

TEENS AND OPIOIDS

1 in 5 teens experiment with prescription drugs.

Centers for Disease Control and Prevention

 Nearly half of young people who inject heroin started off abusing prescription drugs.

National Institute on Drug Abuse

 More than 4 in 10 teens who misused or abused a prescription drug took it from their parent's medicine cabinet.

Partnership for Drug-Free Kids

 95% of parents believe their child has never taken a prescription drug for a reason other than its intended use.

Partnership for Drug-Free Kids

KEEPING KIDS & TEENS SAFE

Sometimes kids and teens are prescribed opioids when they shouldn't be. Or they may be given a prescription for more pills than they need. Teens may also experiment with drugs they find in your medicine cabinet. Follow these 3 simple guidelines whenever possible:

1 **DON'T FILL** a prescription for more than a 3-day supply (maximum 10 pills) for anyone 20 years old or younger.

2 **SECURELY STORE** opioids away from kids and teens.

3 **SAFELY DISPOSE*** of extra opioids when you are done. Don't keep them around.

*King County has dozens of pharmacies that can dispose of your unused medications for free. Find the one closest to you at: www.takebackyourmeds.org.

www.WashingtonHealthAlliance.org www.BreeCollaborative.org

Task Force Information & Resources

Document library

Resources



[Report: 2016 Drug Use Trends in King County, Washington](#)

[Infographic: Heroin and Opioid Trends in King County](#)

[Opioid Medication & Pain: What You Need to Know](#)

[Continuum of Care for Opioid Misuse](#), University of Washington Alcohol and Drug Abuse Institute (April 2016)

[WA State Interagency Opioid Working Plan](#) (Jan. 2016)

[Heroin Task Force Report](#), Public Health-Seattle & King County (Aug. 2001)

[Drug Abuse Trends in the Seattle-King County Area: 2014](#)

[Opiate Overdose Education](#)

["Where the Rubber Hits the Road": Seattle Launches Heroin Task Force](#)

[King County Board of Health endorsement](#) - Jan. 19, 2017

[King County Board of Health meeting](#) - Oct. 20, 2016

[Seattle City Council briefing](#) - Oct. 3, 2016

[Naloxone Program](#)

[Heroin & Opioid Addiction Task Force Recommendations](#) - Sept. 15, 2016 press conference

Website Resources Page:

- Opioid Medication & Pain flyer (BREE Collaborative/ WA Health Alliance)
- Translations will be hung on website under "Resources" and flyer name

<http://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/task-forces/heroin-opiates-task-force.aspx>

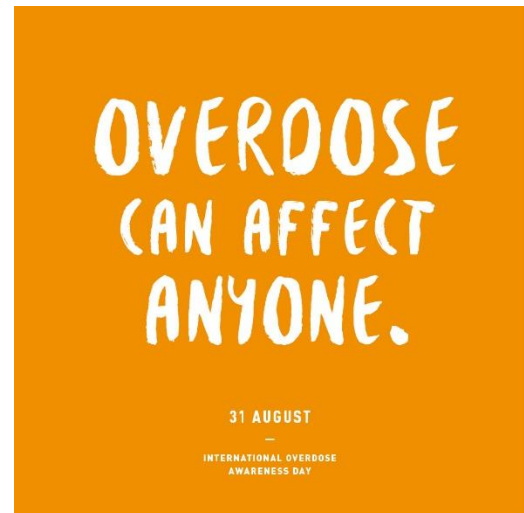
International Overdose Awareness Day

August 31

The Primary Prevention Task Force Workgroup launched a social media campaign, "*Community Voices on Overdose Prevention*," focused around International Overdose Awareness Day (August 31).

- Partnership between Department of Community and Human Services and Public Health – Seattle & King County

<https://www.overdoseday.com/>



Lock Your Meds & Use Secure Medicine Return

What I wish my parents had known about their medicine cabinet

Meet Maya, a teen now in recovery, whose addiction started with her parent's medicine cabinet:

- Public Health Insider: <https://publichealthinsider.com/2017/08/28/what-i-wish-my-parents-had-known-about-their-medicine-cabinet/>
- Facebook: <https://www.facebook.com/KCPubHealth/posts/1671419256211682>
- Twitter: <https://twitter.com/KCPubHealth/status/902269437029617664>

MIND YOUR MEDS



1 in 5 teens experiment with prescription drugs.

Over-the-counter cough medicines are used by some teens to get "high."

Two-thirds of teens who misuse pain meds get them from the home medicine cabinet, friends, and family.

Good Samaritan Law & Naloxone

Witnessing an Overdose? Don't Be Afraid to Call 911

An Interview with Captain Bryan Howard, King County Sheriff's Office - The Good Samaritan Law and Naloxone... why it matters for saving lives.

- Public Health Insider: <https://publichealthinsider.com/2017/08/30/witnessing-an-overdose-dont-be-afraid-to-call-911/>
- Facebook post: <https://www.facebook.com/KCPubHealth/posts/1673221082698166>
- Twitter Post: <https://twitter.com/KCPubHealth/status/902966086135685122>

**See an overdose
CALL 911!**

Washington's Good Samaritan law protects you!



If you get medical help for an overdose or alcohol poisoning, you and the victim cannot be charged for drug use, possession, or underage drinking.

**Never let someone
"sleep it off."**

WA RCW 69.50.315

Addiction, overdose, treatment access & recovery... promoting resources

Addiction Knows No Boundaries: Marah's Story

"The disease of addiction knows no boundaries. It affects all of us regardless of age, gender, economic status, ethnicity, and city vs. country dwellers..."

Penny LeGate, a mother who lost her teen daughter, Marah, to an opioid overdose. Today, Penny speaks out about addiction, overdose, treatment access and recovery. She is a courageous advocate and champion... recovery is possible.

- Public Health Insider: [ADDICTION KNOWS NO BOUNDARIES: MARAH'S STORY](#)
- Facebook: <https://www.facebook.com/KCPubHealth/posts/1674226519264289>
- Twitter: <https://twitter.com/KCPubHealth/status/903356980475158528>



Prevention Works In Seattle

Mind Your Meds Workgroup

Co-chairs:

Margaret Shield & Erin James



<http://preventionworksinseattle.org/>

Coalition Coordinator:

Liz Wilhelm, M.S., CPP, ICPS

Drug Free Communities
Coordinator

Prevention WINS Coalition

Division of Adolescent Medicine
Seattle Children's

206-987-7612

liz.wilhelm@seattlechildrens.org

Mind Your Meds Rack card

Partnerships to distribute:

Parent Education & Outreach (mailing w/report cards):

Nathan Hale High School - 2,500

Roosevelt High School - 3,000

Eckstein Middle School - 1,700

- Farmers Markets & Councilmember Rob Johnson at his booth at the U District Farmer's Market
- Coalition partners – UW Hall Health, City of Seattle – North Precinct, Seattle Children's Family Resource Center and Adolescent Medicine
- Poison Control Website – WA Poison Center
- Seattle University Nursing students working on projects in NE Seattle – particularly, Lake City Way area and McDermott Place

MIND YOUR MEDS



1 in 5 teens experiment with prescription drugs.

Over-the-counter cough medicines are used by some teens to get "high."

Two-thirds of teens who misuse pain meds get them from the home medicine cabinet, friends, and family.

MIND YOUR MEDS

What's in Your Medicine Cabinet? The home medicine cabinet is the most common source of drugs that are misused by teens and adults. Are your meds secured?

Prescription opioid pain pills – like Percocet and Vicodin – can be especially dangerous and addictive. Nearly half of young people who inject heroin started by first abusing prescription drugs.

Safe Kids
Talk to your kids about the risks of medicine abuse. Children who learn from a parent about the risks are less likely to abuse drugs.

Safe Use
Take as directed. Never share your prescription. If prescribed pain meds, take the lowest dose possible.

Safe Storage
Keep all medicines in a secure place. For pain pills and stimulants, keep count of the number of pills. Lock them up.

Safe Disposal
Protect your family and the environment by taking your unused medicines to a secure drop-box for safe disposal.

NE Seattle Drop Box Locations: (Open to the Public)

- QFC Pharmacies: 11100 Roosevelt Way NE, Seattle, 1531 NE 145th, Seattle and 2746 NE 45th St., Seattle
- Univ. Med. Ctr. Pharmacy 1959 NE Pacific St., Seattle
- UW Roosevelt Pharmacy 4225 Roosevelt Way, Seattle
- Group Health Northgate 9800 4th Ave NE, Seattle

Learn More
Find other medicine drop box locations at www.TakeBackYourMeds.org

For advice on talking to your kids about drugs, see StartTalkingNow.org

For more information, see the Medicine Abuse Project drugfree.org/medicine-abuse-project/

If you think a family member or friend has a problem with opioid abuse, learn how to help prevent an overdose at stopoverdose.org

This information is brought to you by Prevention WINS, a community coalition with the mission of preventing teen drug abuse in NE Seattle. Visit our website and Facebook page for more information and resources.

www.preventionworksinsseattle.org
Facebook@Prevention.WINS

Rev. 6/17

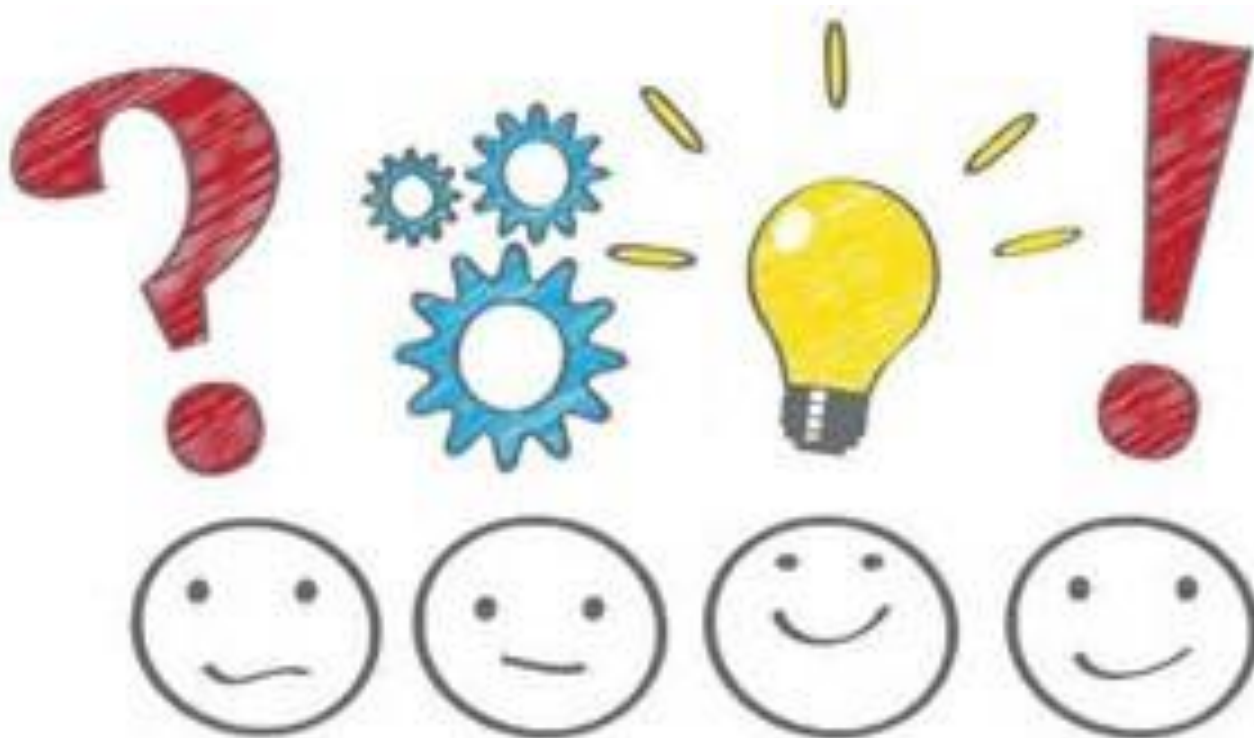
Mind Your Meds

Pharmacy Toolkit - Outreach

~Currently in development by Mind Your Meds workgroup ~

- Pharmacy Education & Partnership (opportunities):
 - Community Education – Risk and benefits of opioids, safe use, safe storage, safe kids and safe disposal
 - Tool introduction letter
 - King County Behavioral Health and Recovery partnership letter – introduces BREE Collaborative/Washington Health Alliance “Opioid Medication & Pain” flyer and how it can be used as a patient counseling tool
 - BREE Collaborative/Washington Health Alliance flier
 - Rack Card
 - Is the pharmacy a secure medicine drop-box location? – If no, recruit pharmacy to become a drop-box location
 - Introduction letter on the Med-Project - King County Secure Medicine Return program and how to host a secure drop-box
 - Informational one page flier - King County MED-Project program – eligibility, process, and kiosk
 - Naloxone available? – Educate on naloxone. Request pharmacy offer Naloxone for sale at pharmacy
 - Information sheet on Naloxone and why it matters – prevent overdose and educate patients and families on risk – for patients with opioid prescriptions and those at risk for witnessing overdose (households, families, friends...)
 - Stopoverdose.org – information, resources, training, and pharmacies where Naloxone is available.

Discussion





Medicine Abuse Prevention & Secure Medicine Return Policies

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