

SAFE MEDICATION PRACTICES FOR LIFE

Generation Rx; My Sister, My Responsibility®

Developed by The Ohio State University College of Pharmacy, Cardinal Health Foundation and Generation Rx

TIME | 60 minutes

Objectives:

- Safely use prescription medications and incorporate these practices into everyday life.
- Understand the physical, emotional and legal implications of misusing prescription opioids and stimulants.
- Articulate how prescription opioids, stimulants and sedatives impact the human body.
- Model safe medication practices to peers and the community.

Group size:

- Any group size is suitable for this workshop.

Setup:

- You may facilitate this workshop as separate modules, rather as one depending on your chapter schedule.
- Customize slide 52 to include resources available at your university.
- Choose a room that allows participants to face the projector comfortably and has the necessary technological capabilities.
- You will play a PowerPoint presentation and videos during the lesson, so you'll need to connect a laptop to a projector and screen. [Find those resources at generationrx.org](http://www.generationrx.org).

Materials needed:

- Projector and screen
- PowerPoint

Resources:

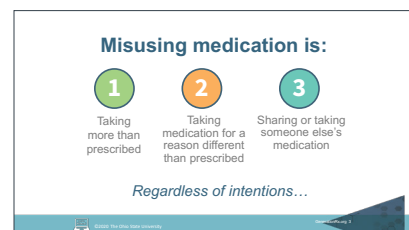
- More information about the program can be found at www.generationrx.org/take-action/college/
- The Ohio State University College of Pharmacy and Cardinal Health have more information at www.pharmacy.osu.edu/outreach/generation-rx-info

INTRODUCTION | 4 minutes

The facilitator should introduce him/herself, welcome participants and thank everyone for attending the session.

Share:

- This presentation provides an overview of Generation Rx University messages designed to educate college students about “safe medication practices for life.” We will focus on specific issues relating to opioid, stimulant and sedative medications look at fraternity and sorority statistics compared to all college students, and review some key general guidelines for safe medication practices.
- Generation Rx University provides additional resources, including expanded activities and visual aids relating to each of these topics. ZTA encourages you to check out these materials at GenerationRx.org/take-action/college and use them to educate your family, friends and peers about these important issues.
- 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.
 - » More than six million Americans age 12 and older have used a prescription drug non-medically, meaning they’ve misused this product, in the past month.
 - » More than 5,500 Americans misuse a prescription medication for the first time every day.
 - » Prescription drugs are among the most misused substances in the United States —more than all illicit street drugs combined, except marijuana.
 - » Among all age groups, the most commonly misused prescription drugs are opiod pain medications (e.g., Vicodin®, OxyContin®), prescription stimulants (e.g., Adderall®, Ritalin®), and prescription sedatives (e.g., Xanax®, Valium®).
- What do mean by “prescription drug misuse?” We define misuse as engaging in primarily three behaviors:
 - » Taking more of a prescription medication than prescribed
 - » Taking a prescription medication for a reason (or in a way) different than that intended by the prescriber
 - » Sharing or taking someone else’s prescription medication
- Regardless of our intentions, engaging in any of these behaviors qualifies as misuse.
- 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?



- 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 risk5.
 - » 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 misuses).
- 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.

Encourage participants to discuss this question with their peers and then briefly share their ideas with the group. Inform participants that you'll discuss different aspects of this question throughout the program.

- Today's program will include four modules. 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.



FACILITATOR TIP

If you are not presenting all four modules in a single session, share the specific modules they will be working through in your workshop.

MODULE ONE: PRESCRIPTION OPIOIDS | 13 minutes

Share:

- 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.
 - » 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 lifetimes.



- » 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.

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

Play “*The Impact of Misusing Prescription Opioids*” video for the larger group.

Discuss:

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

FACILITATOR TIP

Discuss these questions in small groups.

Share:

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

Have one or two group leaders share a summary of their small group conversation for question one. Then, discuss the following points.

- All medications have side effects—and mixing alcohol with prescription drugs can sometimes enhance these negative effects.
 - » 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.
 - » 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.
 - » Many fraternity men (42%) and sorority women (55%) have never misused a prescription pain, sedative and/or stimulant medication with alcohol.

 **Play video in PowerPoint.**



Share:

- Is a transition to using heroin common for those who misuse prescription opioids?

Have one or two group leaders share a summary of their small group conversation for question two. Then, discuss the following points.

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

Share:

- What other problems may arise from misusing prescription opioids?

Have one or two group leaders share a summary of their small group conversation for question three. Then, discuss the following points.

- Those who misuse prescription opioids sometimes spiral into drug dependency or addiction and experience the harmful health, legal and social consequences that can follow.
 - » 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. Drug addiction treatment admissions relating to medication misuse have also escalated.
 - » Federal law prohibits the possession of the types of medications which are most often misused without a prescription.
 - » The misuse of medications can affect your family and friends, your job, your education, your finances and much more.

Share:

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

Module 1:

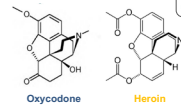
Discuss in small groups:

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?



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

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




Oxycodone Heroin

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?



expulsion from school **drug rehab** legal fines

drug overdose **addiction** shallow breathing

drowsiness **nausea**

felony offense **decline in grades** confusion

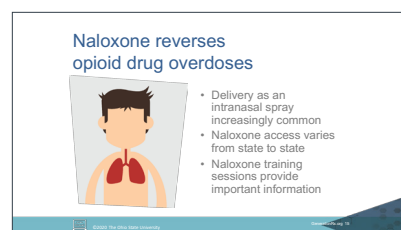
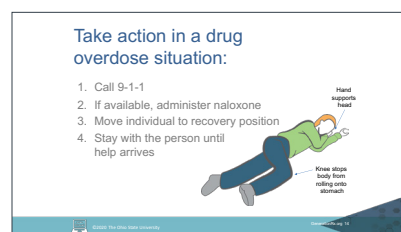
jail dependency damaged relationships with family members or friends

Emergency department visits **loss of job**

1. Call 9-1-1.
2. If available, administer naloxone. More information on naloxone will be provided in the next slide.
3. 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. Stay with the individual until help arrives.

Share:

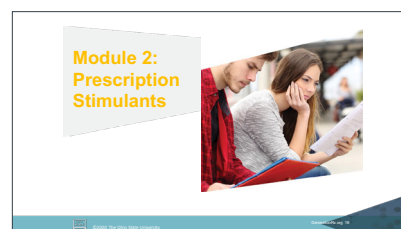
- An overdose occurs when too much of any opioid activates its target in the brain stem – this slows and then stops breathing. Naloxone knocks the opioid drug off this target—allowing breathing to resume. Naloxone wears off in 30-90 min; thus, calling 911 first ensures the person receives help before this happens.
 - » Naloxone is available in various forms—the form packaged as a nasal spray (brand name Narcan®) is increasingly common.
 - » 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.
 - » 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.
 - » 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.



MODULE TWO: PRESCRIPTION STIMULANTS | 13 minutes

Share:

- We've discussed the impact of misusing prescription opioids. Now, let's switch our attention to prescription stimulants.
 - » 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.
- While most college students do not misuse prescription stimulants, the data does indicate a statistically higher percentage for students engaged in F/S Life.



- » Let's explore how misusing prescription stimulants may impact you and others.
- Let's watch a video that addresses risks inherent to the misuse of prescription stimulants. Then, we'll engage in a brief discussion.

Play “*The Impact of Misusing Prescription Stimulants*” video for the larger group.

Discuss:

- Let's engage in a brief discussion about some of the points addressed in this video.
- Based on the video and your own understanding of this issue, develop a response to these questions.
 - » Can the misuse of prescription stimulants improve your grades?
 - » When you ask a brother or sister for their medication, how do you think this request makes them feel?
 - » Is mixing alcohol with prescription stimulants a big deal?

FACILITATOR TIP

Discuss these questions in small groups.

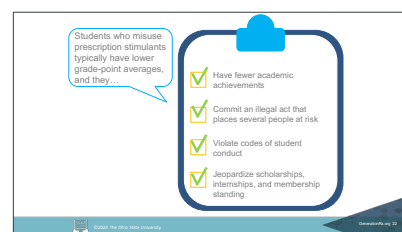
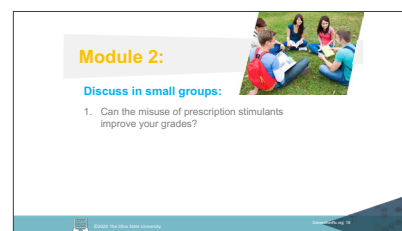
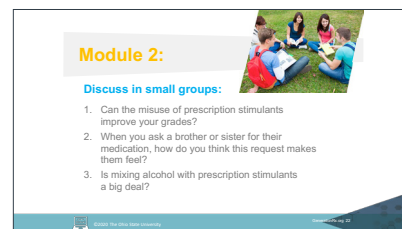
Share:

- Can the misuse of prescription stimulants improve your grades?

Have one or two group leaders share a summary of their small group conversation for question one. Then, discuss the following points.

- Research shows that students who misuse prescription stimulants typically have lower grade-point averages.
- Health professionals, administrators, friends and parents should view this behavior as concerning, as it may indicate that the student is struggling academically, experiencing mental health challenges or using illegal drugs or misusing other legal drugs.
- 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.
- 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.

 Play video in PowerPoint.



- » 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.

Share:

- When you ask a brother or sister for their medication, how do you think this request makes them feel?

Have one or two group leaders share a summary of their small group conversation for question two. Then, discuss the following points.

- If you ask someone to sell or share their medication, have you ever considered how that friend may perceive your request?
 - » By asking a friend (or even a stranger) for some of their medication, we put them in an incredibly vulnerable and uncomfortable position. For example, they often perceive that:
 - You're using your friendship to obtain drugs. Your friend may begin to question whether your friendship is solely based on your access to their medication.
 - You're disrespecting their health needs. Your friend has a legitimate need for their medication. If they give it to others, they may not be able to take their medication as instructed, and their health could be jeopardized.
 - You're 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 misuse a medication?
- If you feel that you need medication for a legitimate reason, talk with your healthcare provider.

Share:

- Is mixing alcohol with prescription stimulants a big deal?

Have one or two group leaders share a summary of their small group conversation for question three. Then, discuss the following points.

- 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

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?

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...

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?

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

Increases heart rate

Decreases heart rate

Triggers "fight or flight" response...

Slows messages between body and brain...

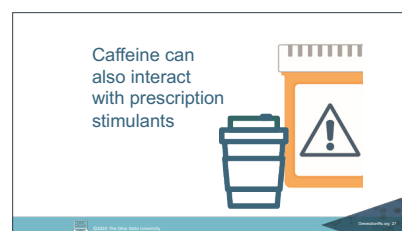
...and increases your risk for dangerous levels of intoxication

simultaneously, so these mixed messages confuse the body and place it at risk for dangerous consequences.

- Note that alcohol reduces heart rate, whereas stimulants increase heart rate. These mixed messages may cause an irregular heartbeat.
- In addition, alcohol slows messages between the body and brain, while 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 harm resulting from risky drinking.

Share:

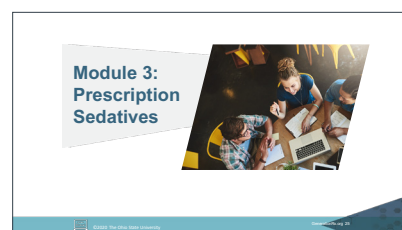
- Lastly, drug interactions can also exist with prescription stimulants and caffeine. In this situation, their shared adverse effects intensify when taken together. We recognize that caffeine consumption through beverages (like coffee) is likely an everyday part of many college student and adult lives. 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 preexisting heart condition or those with anxiety disorders.



MODULE THREE: PRESCRIPTION SEDATIVES | 13 minutes

Share:

- 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.
 - » The 2018 College Prescription Drug Study reported around 9% of college students had misused a prescription sedative in their lifetime.
 - 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 students⁵).
 - » Let's explore how misusing prescription sedatives may impact you and others.
- Let's watch a video that discusses the misuse of prescription sedatives. Then, we'll engage in a brief discussion.



Play "The Impact of Misusing Prescription Sedatives" video for the larger group.

 Play video in PowerPoint.

Discuss:

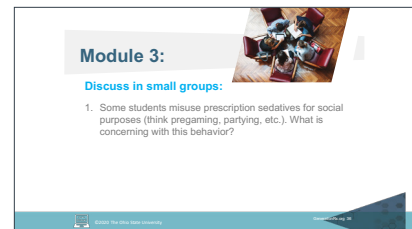
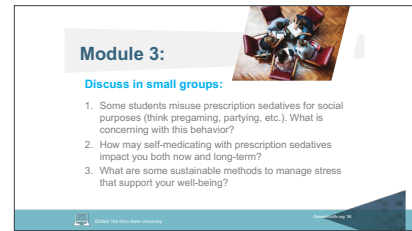
- Let's engage in a brief discussion about some of the points addressed in this video. Here are three discussion questions—based on the video and your own understanding of this issue, try developing a response to these questions.
 - » Some students misuse prescription sedatives for social purposes (think pregaming, partying, etc.). What is concerning with this behavior?
 - » How may self-medicating with prescription sedatives impact you both now and long-term?
 - » What are some sustainable methods to manage stress that support your well-being?

Share:

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

Have one or two group leaders share a summary of their small group conversation for question one. Then, discuss the following points.

- 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.
- 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.

Share:

- How may self-medicating with prescription sedatives impact you both now and long-term?

Have one or two group leaders share a summary of their small group conversation for question two. Then, discuss the following points.


- 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.

Share:

- What are some sustainable methods to manage stress that support your well-being?

Have one or two group leaders share a summary of their small group conversation for question three. Then, discuss the following points.

- 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.

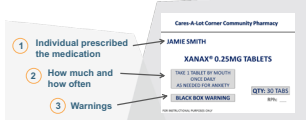


Module 3:


Discuss in small groups:

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

Avoid self-medicating—talk with your healthcare provider



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



Module 3:

Discuss in small groups:

1. Some students misuse prescription sedatives for social purposes (think pregameing, 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?

Consider methods to manage stress that support your well-being



- Physical Activity
- Trusted Friends or Adults
- Professional Care

- » 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.

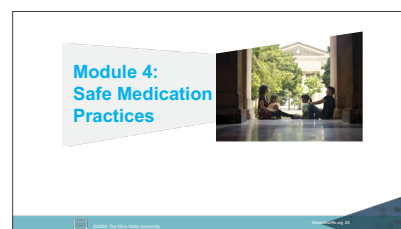
FACILITATOR TIP

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.

MODULE FOUR: SAFE MEDICATION PRACTICES | 13 minutes

Share:

- 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.
- Let’s conclude the program by discussing some safe medication practices for life, including practices for safe storage and disposal.
- Let’s watch a video that outlines safe medication practices. Then, we’ll engage in a brief discussion.



Play “Safe Medication Practices” video for the larger group.

 Play video in PowerPoint.

FACILITATOR TIP

Discuss these questions in small groups.

Discuss:

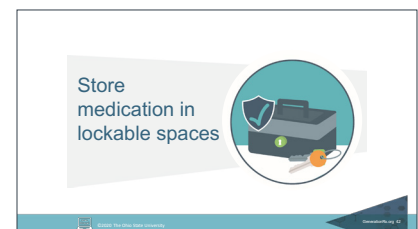
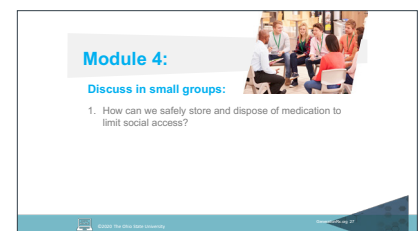
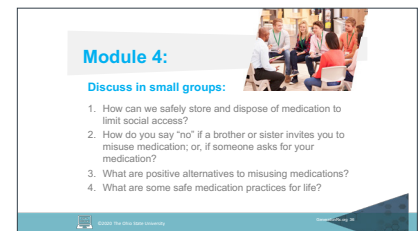
- Let’s engage in a brief discussion about some of the points addressed in this video.
- Based on the video and your own understanding of this issue, develop a response to these questions.
 - » How can we safely store and dispose of medication to limit social access?
 - » How do you say “no” if a brother or sister invites you to misuse medication; or, if someone asks for your medication?
 - » What are positive alternatives to misusing medications?
 - » What are some safe medication practices for life?

Share:

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

Have one or two group leaders share a summary of their small group conversation for question one. Then, discuss the following points.

- 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.
 - » Store prescription drugs in secure locations such as lockboxes, medication safes or other lockable spaces.
 - » Avoid storage places that children and others can easily access, such as purses, backpacks, unlocked drawers, nightstands or counters.
- Similarly, it is important to safely dispose of your medications when they are no longer needed. The best options for safe disposal include:
 - » Placing the medication in a drug drop box
 - To find a drop box in your area, visit: rxdrugdropbox.org
 - » Taking advantage of community drug takeback 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 takeback program is available in your community.
 - If a drug drop box or a drug takeback 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 (visit www.fda.gov for details.).

» Disposing 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 you don't have disposal instructions, complete these three steps:

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

Share:

- How do you say “no” if a brother or sister invites you to misuse medication; or, if someone asks for your medication?

Have one or two group leaders share a summary of their small group conversation for question two. Then, discuss the following points.

- If you're 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 include giving a reason, 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 uses medications safely.

FACILITATOR TIP

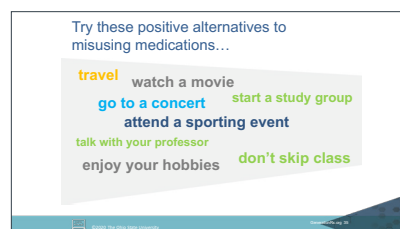
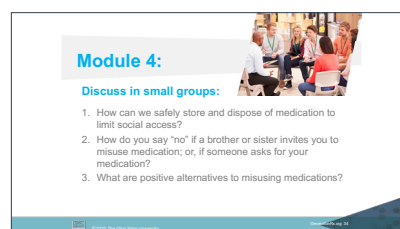
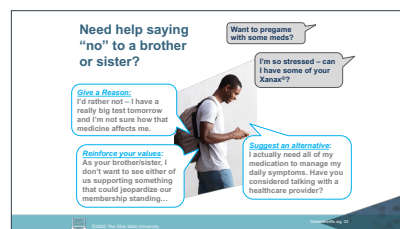
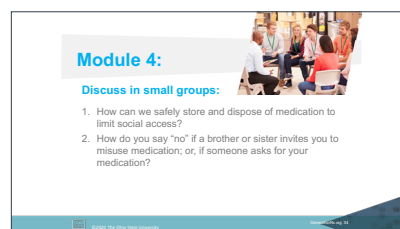
Some strategies are provided on this slide. Encourage participants to share other ideas. You can also reference other social implications mentioned in the video, including disrespecting the health needs of others as well as jeopardizing scholarships, membership standings, and post-graduation plans.

Share:

- What are positive alternatives to misusing medications?

Have one or two group leaders share a summary of their small group conversation for question three. Then, discuss the following points.

- 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 and have fun safely is essential.



- College is 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?

FACILITATOR TIP

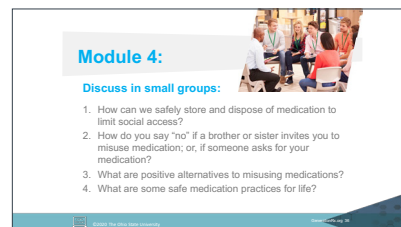
Encourage participants to share their ideas. Alternatives in green provide sustainable approaches to studying.

Share:

- What are some safe medication practices for life?

Have one or two group leaders share a summary of their small group conversation for question four. Then, discuss the following points.

- 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.
- 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 and friends to do the same.
- 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.



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?



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



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.

Share:

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

FACILITATOR TIP

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.

- This may consist of discussing Generation Rx messages with your friends and family, or sharing them through peer-to-peer education. Visit 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.
- In addition, we encourage you to share these messages with others.
- This project was developed in collaboration with the following fraternity and sorority 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.

