

MINUTES: 2/11/2020 Opiates and Other Drugs

12 - 1 pm

BOCES Rm 148

Present:

Robin Carnes, Public Health

KC Lehr, Sheriff, SCSO

Peggy Weber, community member

Sarah Murdock, Food Basket

John Kelly, Veteran

Dave Siefkes, SCSO

Trisha Scott, Public Health

Meeting Notes:

Work plan review: Our work plan has 2 main strategies:

- Keep all prescription medications out of the hands of children and misusers by promoting safe storage and disposal methods such as drop boxes, lock boxes, disposal bags, and 2 drug take back events in 2020.
- Through social and print media, promote fact not fear based education on the health, social, emotional, and financial costs of drug misuse/abuse.

And 2 goals:

- By June 2024, decrease the number of 10th graders who report using marijuana in the last 30 days, on the PNA.
- By June 2024, decrease the number of high school students who report using prescription medications to get high, on the PNA.

On disposal: The Sheriff's office collects and weighs all disposed drugs in the 3 county drop boxes and documents the total weight. Pinedale and Marbleton all have drop boxes, Big Piney does not. Discussed having a drop box at the new Altitude Pharmacy in Big Piney. Also discussed a drop box for Ridley's, the "source" of many prescriptions. In the past that was not recommended, but we could revisit that.

Medication take back day: Scheduled for 2/26, 11 - 1 at Marbleton Senior Center. All who bring medication to dispose or donate will get a ticket for a free lunch which they can redeem that day or at any later date. Some confusion as that is the last Wednesday of the month and also the day that one of the local banks sponsors free lunch for all seniors, but it was recommended by Joan Mitchell to do that day to get the most people. Event is open to all, you do not have to be a senior to attend, and you do not have to bring meds in order to get a free lunch. The prevention grant is sponsoring lunch. Sheriff Lehr and Public Health nurses will be the only people to handle medications, the Sheriff's Office will collect all meds, document weight, and incinerate.

This is our first run at a medication collection event that provides lunch. We will plan another lunch in Pinedale for later in the spring.

Social and print media report: In an effort to create some materials for the clinic on "How to talk to your provider about prescription pain meds" and "Alternatives to pain meds", Sarah Murdock, Peggy Weber and Trisha met 3 times in the last month to look through CDC and SAMHSA research and infographics and discuss what catches people's eye and what people will read. This is a universal issue across all the grant task areas - what do people look at? What hooks people? This is critical in the clinic waiting rooms where people are more likely to look at their phones. We found print material/flyers in the clinic on "alternatives to pain meds" that were

from the last grant cycle. One was an excellent flyer with local contact info for Physical Therapy, places to exercise, massage therapy, etc, all evidence based approved practices for treating pain. But no one took them home.

The outcome of this was to print one small poster with CDC facts that counter the myth that only opioids can treat pain. We decided to distribute this and hang on bulletin boards everywhere, and not just in the clinic. It is also posted on instagram. Our favorite social media post so far for opiates and Other drugs info is "Opioid Free Rivers - preventing the feminization of male fish" which educated and advertises the drop boxes for safe disposal and to keep opioids, antibiotics, hormone medication etc out of the toilets and then the rivers.

Marijuana - The Youth Advisory Group on February 6 demonstrated youth confusion and split attitudes about marijuana. Some youth spoke extensively about how they don't trust adults to give them good information on marijuana because it has been equated with the dangers of heroin and meth use. It is confusing to youth (and adults!) that marijuana is legal in many states for medicinal and recreational use. Task Force members discussed how given that this is a very complicated issue with many competing views and perceptions of harm, what are our best options for providing fact base education to our Sublette youth? Robin Carnes advocated that we use the strategy of "media literacy". Media literacy is something we can begin right away with the Youth Advisory Group by asking questions like: "When you want science facts about marijuana (and various substances), where do you go, what do you read, who do you ask?" "How do you know when something on youtube is advertising, and not fact?" "How do you know when it is fact based"?

Sheriff Lehr expressed concern specifically about commercialization of marijuana and THC concentrates. If some spectrum of legalization is coming anytime in the next decade, how do we educate our youth on what is fact and what is not fact (advertising). Media literacy is a start.

Next Rx Task Force: May 12