

Q&A Session Guide



Following the completion of your program, we encourage you to give participants the opportunity to ask questions. Below is a list of frequently asked questions by program participants, with suggested answers.

Consider printing this document and bringing it with you to the program to consult as a reference during the Q&A session.

1 Where can I find more information on...?

GenerationRx.org is an excellent resource for more information related to prescription drug misuse. Below is a sample of information you can find in the **Learn** section at GenerationRx.org, including links to additional websites related to these issues:

- Drug storage and disposal guidelines
- Online courses or games

- List of signs and symptoms to facilitate recognizing misuse
- Resources to locate treatment centers for substance use disorders
- Steps for how to take action in a drug overdose situation
- Instructions for how to use and access Naloxone as a rescue agent in an opioid overdose

2 Where can I find resources for educating others?

The **Take Action** section at GenerationRx.org contains free, ready-to-use, age-appropriate resources to educate individuals of all ages in your community (including children, teens, college students, working professionals, patients, and senior citizens).

3 How do I teach safe medication practices to young people?

First, we encourage you to model safe medication practices and set a good example for youth! Second, we believe these messages should be shared with children and teens in an age-appropriate manner. As a result, we developed educational resources specific for educating both children and teens about medication safety.

You can download these resources in the **Take Action** section of GenerationRx.org, as well as tips and best practices for engaging youth.

4 Why shouldn't I flush all medications down the toilet for disposal?

The Environmental Protective Agency (EPA) recommends not flushing medications down the toilet or pouring medications down the sink. These methods allow pharmaceuticals to infiltrate the water supply, harming aquatic ecosystems. However, the Food and Drug Administration (FDA) recommends flushing a select group of prescription medications down the toilet to ensure immediate removal from your home.

A list of these medications can be found at: www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm#Flush_List

5 Where can I learn more about the scope of the prescription drug misuse problem?

To learn more about the scope of the prescription drug misuse problem, consult the following two resources:

- Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA generates the National Survey on Drug Use and Health:
www.samhsa.gov/prescription-drug-misuse-abuse
- Office of National Drug Control Policy:
www.whitehouse.gov/ondcp/prescription-drug-abuse

6 Where can I learn about commonly misused drugs?

The National Institute on Drug Abuse (NIDA) provides specific information on commonly misused drugs, including illicit street drugs, prescription medications, and alcohol: www.drugabuse.gov/drugs-abuse

7 Can you give me more information about ‘controlled substances’?

The Controlled Substances Act places drugs and other substances with high abuse and addiction potential in one of five schedules. Placement depends upon whether they have a current acceptable medical use in the U.S., likelihood of causing dependence upon abuse, and their addiction potential. Because of these properties, substances classified

as “controlled substances” have stricter prescribing and dispensing regulations. Frequently misused prescription opioid pain medications, sedatives, and stimulants are all controlled substances. For more information, visit: www.deadiversion.usdoj.gov/schedules/

8 If I suspect a friend or family member is misusing prescription drugs, how should I intervene? What should I do?

Generation Rx focuses on educational strategies to prevent prescription drug misuse. To find intervention resources, we encourage you to consult one of the following resources:

- Partnership for Drug Free Kids:
www.drugfree.org/resources/
- Mayo Clinic: www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/intervention/art-20047451

9 How do I find help?

If you think you or someone you know might have a problem, talk with your healthcare professionals. They may be able to guide you to medical specialists, treatment facilities, counselors, or medication-assisted treatment providers for help.

The U.S. Substance Abuse and Mental Health Services Administration also provides a Behavioral Health Treatment Services Locator for persons searching for facilities treating substance misuse and addiction problems. Visit www.findtreatment.samhsa.gov, or call the hotline at 1-800-662-HELP to find help near you.



Learn more at GenerationRx.org

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