

Facilitator's Guide

OVERVIEW

College students are at a vulnerable age for initiating prescription drug misuse—we can make a difference by raising awareness and creating a campus environment for the safe use of medications.

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.

Young adults may misuse prescription medications to manage their lives, with little understanding of the potential social, physical, academic, financial and legal consequences of doing so. While the majority of college students do not misuse prescription medications, research indicates the average age of first misuse falls within the traditional college years. As a result, now is the time to cultivate a campus environment for the safe use of medications.

Generation Rx University resources focus on three themes:

- 1 General Medication Safety Resources:** these resources educate young adults on how to safely use medications, with an emphasis on why incorporating these practices in their everyday lives is important.
- 2 Resources Focused on Prescription Opioid Pain Relievers:** these resources discuss how prescription opioids can mediate dependency and addiction, and they provide guidance on how to safely use these medications as well as take action in a drug overdose situation.
- 3 Resources Focused on Prescription Stimulants:** these resources address common misperceptions related to prescription stimulants, introduce skills for turning down invitations to misuse, and emphasize positive alternatives to facilitate academic success.



We believe college-aged students are poised to present these resources and share these important messages through peer-to-peer education. And, of course, professional staff members can be effective in educating students around these issues as well. As such, what follows is information for students or staff to present “Generation Rx University” resources on college campuses.

What information will I find in this facilitator guide?

This facilitator's guide contains information to successfully present Generation Rx University resources on college campuses. In this guide you will find:

- 1 Getting Started —**
a guide to help you plan your program.
- 2 Activity Snapshots —**
a snapshot of the agenda and required materials for each activity.
- 3 Introductory Letter —**
a letter for facilitators to share with leaders of the organization you've selected for your program. This letter is designed to assist you in introducing the purpose of your educational program and the importance of presenting this information. An editable file can be found online in the *Getting Started* section.
- 4 Q&A Session Guide —**
a resource for facilitators that contains a list of frequently asked questions by program participants, with suggested responses.



GETTING STARTED

Below is a brief discussion of guidelines containing featured questions to help plan your educational program.

Who is my audience?

Generation Rx University resources are appropriate for young adults and college-aged students (ages 18–25).

Who can present these resources?

These resources are designed for use in peer-to-peer education, but anyone can present them. Professional students in health, pharmacy, or medical fields are wonderful resources and are eager to discuss these important messages with others—consider partnering with one of them to present a live program.

What types of educational resources are available?

Three types of educational resources are provided:

- 1 Activities**—for use in live programming
- 2 Videos**—for sharing through digital platforms or for use in live programming
- 3 Visual Aids**—for posting in high-traffic areas



ACTIVITIES

Four activities are provided for use during live educational programs—additional information for presenting these activities is included in this section.

VIDEOS

A unique video is provided for use with each activity or as a stand-alone resource. Consider sharing them with students through digital platforms, like email or social media.

VISUAL AIDS

We encourage you to print these resources and post them in high-traffic areas on campus. Suggestions for maximizing their use are on **GenerationRx.org**.

Can these resources be customized for my college or university?

The following opportunities exist to customize content for your college or university:

- Customize the presenter information in the title slide of all PowerPoint®-based activities.
- Customize the visual aid, “Getting Help”, which is available as an editable file on **GenerationRx.org**. We encourage you to personalize this poster with campus-specific resources for students to find help (e.g., campus wellness centers, academic advisors, etc.).
- Similarly, a slide titled “Need help? Use Campus Resources” is included in the PowerPoint®-based activities. Facilitators can customize this slide with campus-specific resources prior to their use in live programming.
- Be mindful that any statistics presented will represent national data—if available, we encourage you to share similar statistics specific to your college or university during these discussions as well.



GETTING STARTED

For a live program, where should I present?

There are a number of logical places to host your program. Below is a suggested list of locations and possible contacts:

- Residence halls (resident advisors or hall directors)
- Athletic organizations (coaches, athletic administrators)
- Academic organizations and clubs (club advisors, organization leaders)
- Fraternities and sororities (organization leaders)
- Student orientations (program administrators)

For a live program, how do I make the arrangements?

In a short email message or phone call, introduce yourself and indicate your interest in providing an educational program about preventing prescription drug misuse. Consider providing your contact the 'Introductory Letter' to assist you with this introduction. Be as flexible as possible with the timing of your event, and emphasize your willingness to adapt to their needs. Finally, be persistent, and don't be discouraged if you don't hear back immediately.

For a live program, what is the program itinerary?

Three activities are available for live programming—each activity also includes viewing an accompanying video. We encourage you to select one activity from the table below and follow this outline for the program itinerary:

- 1 Introduce facilitators
- 2 If possible, ask participants to introduce themselves
- 3 Conduct the selected activity (consult the "Activity Snapshots" for help)
- 4 Wrap-up with a Q&A session (consult the "Q&A Session Guide" for help)



ACTIVITY



Accompanying VIDEO on GenerationRx.org

Safe Medication Practices for Life
Discussion-based activity

All 3 videos listed below

Generation Rx University
Trivia Game

Safe Medication Practices for Life

Rising Above the Opioid Epidemic
Discussion-based activity

The Impact of Misusing Prescription Opioids

The Impact of Misusing Rx Stimulants
Skit-based activity

The Impact of Misusing Prescription Stimulants

We suggest facilitators plan a 1-hour program—each activity takes approximately 45 minutes to present, leaving 10–15 minutes for a Q&A session. All activities can be presented to any size audience. To maximize participation and discussion, consider dividing participants into small groups of 4–6 individuals or ask participants to partner with someone seated next to them to discuss any posed questions. Lastly, technology requirements include internet access for viewing videos, as well as access to a computer with Microsoft PowerPoint® for the first two activities listed.

Is there anything that I shouldn't do?

- Do not simply "lecture" to college students—engage participants in your program by asking them questions and encouraging audience participation. To maximize discussion, try implementing these tactics:
 - **Think/Pair/Share**—encourage participants to first think about each posed question by themselves. Then, pair-up and discuss the question with a peer or small group. Lastly, ask a participant to share their group's consensus with the larger audience.
 - **Notecard Swapping**—purchase a set of small index cards. Distribute several index cards to each participant. After you ask a question, encourage each participant to write their answer on one notecard. Each participant should then exchange their notecard with another individual—this "swapping" should occur 3–4 times in succession. After the exchange is complete, encourage participants to form small groups and discuss the answers on their notecards. Do they agree or disagree with these written thoughts? Encourage small groups to share their thoughts with the larger group. This approach works best with questions that generate different opinions or responses.



GETTING STARTED

- Do not “glamorize” prescription drug misuse, which includes talking about drug misuse “benefits” such as weight loss or increased energy.
- Do not suggest that the majority of young adults misuse prescription drugs. Recent research suggests that on average, only 1 out of 4 young adults (roughly 25 percent) have misused prescription medications in their lifetime—even fewer misuse regularly (McDaniel A (2015). Center for the Study of Student Life, The Ohio State University).
- While discussing the dangers of prescription drug misuse, do not imply that the danger lies in taking prescription medications per se. It is the non-medical use of these medications, their use without a prescription from a healthcare provider or their use in ways other than prescribed, that we are trying to prevent.

If I can't deliver a live program, can I still raise awareness?

Yes! We encourage you to consider the following options:

- Broadcast the key messages in each activity through social media channels;
- Share the video resources through email or other digital platforms;
- Disseminate or Post the visual aids in high-traffic areas.

ACTIVITY SNAPSHOTS

1 Safe Medication Practices for Life discussion-based activity

BEFORE THE PROGRAM:

- Download and print the facilitator talking points (1 copy/facilitator)

DURING THE PROGRAM:

- Ensure the computer you are presenting from is connected to the internet
- Access the following videos on **GenerationRx.org**.
 1. *Safe Medication Practices for Life*
 2. *The Impact of Misusing Prescription Opioids*
 3. *The Impact of Misusing Prescription Stimulants*
- Deliver the activity using the talking points as a guide—the talking points will prompt you to play the videos at different points throughout the activity

2 Generation Rx University Trivia Game

BEFORE THE PROGRAM:

- Download and print the facilitator talking points (1 copy/facilitator)

DURING THE PROGRAM:

- Ensure the computer you are presenting from is connected to the internet
- Access the video, *Safe Medication Practices for Life*, on **GenerationRx.org**
- Access the PowerPoint® presentation, *Generation Rx University Trivia Game*
- Deliver the activity using the talking points as a guide—the talking points will prompt you to play the video at a specific point during the activity.

3 Rising Above the Opioid Epidemic discussion-based activity

BEFORE THE PROGRAM:

- Download and print the facilitator talking points (1 copy/facilitator)

DURING THE PROGRAM:

- Ensure the computer you are presenting from is connected to the internet
- Access the video, *The Impact of Misusing Prescription Opioids*, on **GenerationRx.org**
- Access the PowerPoint® presentation, *Rising Above the Opioid Epidemic*
- Deliver the activity using the talking points as a guide—the talking points will prompt you to play the video at a specific point during the activity.

4 The Impact of Misusing Prescription Stimulants skit-based activity

BEFORE THE PROGRAM:

- Download and print the facilitator talking points (1 copy/facilitator)
- Download and print the *The Impact of Misusing Prescription Stimulants* scenes—see facilitator talking points for determining the appropriate number of copies.

DURING THE PROGRAM:

- Ensure the computer you are presenting from is connected to the internet
- Access the video, *The Impact of Misusing Prescription Stimulants*, on **GenerationRx.org**
- Deliver the activity using the talking points as a guide—the talking points will prompt you to play the video at the beginning of the activity.



INTRODUCTORY LETTER

Dear (insert leader's name),

Greetings! My name is (insert name) and I am a student at (insert college or university), as well as an advocate for Generation Rx—a nation-wide educational initiative to promote safe medication practices in an effort to prevent the misuse of prescription drugs. Generation Rx is offered through a partnership between the Cardinal Health Foundation and The Ohio State University College of Pharmacy. As an ambassador for this initiative, I am writing to open the lines of communication and request permission to present an educational program to the students in your organization on how to use medications safely.

Why is it important to teach college students how to safely use medications? It's true that 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. Young adults may misuse prescription medications to manage their lives, with little understanding of the potential social, physical, academic, financial and legal consequences of doing so. While the majority of college students do not misuse prescription medications, research indicates the average age of first misuse falls within the traditional college years. As a result, now is the time to cultivate a campus environment for the safe use of medications.

The educational program includes engaging, hands-on activities that focus on teaching college students safe medication practices, as well as techniques for turning down the invitation to misuse and engaging in positive alternatives. I also plan to provide an opportunity for the audience to engage in a Q&A session.

Will you help me cultivate a campus environment for the safe use of medications? I've included my contact information below. Please contact me at your earliest convenience to further discuss this opportunity. For more information on Generation Rx, please visit GenerationRx.org.

Contact Information: *(insert contact information)*

I look forward to hearing from you!
Thank you in advance for your time and support.

Best,
(insert signature)





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 responses.

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

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 the 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
- Common 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

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).

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 the campus resources identified in the question below or one of the following resources:

Partnership for Drug Free Kids: www.drugfree.org/resources

Mayo Clinic: <http://www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/intervention/art-20047451>

How do I find help?

If you think you or someone you know might have a problem, use campus resources to find help. These resources include student health and wellness centers, campus recovery programs, college or university counseling services, and academic advisors. *Note to facilitator: for each of these categories of resources, we encourage you to share campus-specific resources with students.*

In addition, talk with your healthcare provider. They may be able to guide you to medical specialists, treatment facilities, 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.

GenerationRx.org

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