Appendix VIII: Resources

Prevention Resources

Media Campaigns

It Matters Kansas
The It Matters website and related educational campaigns are sponsored by the Behavioral Health Services Commission at the Kansas Department for Aging and Disability Services (KDADS).
🌐 http://itmattersks.org/

CDC Rx Awareness
The CDC Rx Awareness campaign tells the real stories of people whose lives were torn apart by prescription opioids. The goal of the campaign is to increase awareness that prescription opioids can be addictive and dangerous.
🌐 https://www.cdc.gov/rxawareness/index.html

#ChoosePT Campaign
The American Physical Therapy Association's campaign highlights the important role that physical therapy plays in pain management and moving beyond opioids to treat pain.
🌐 https://www.moveforwardpt.com/choose-physical-therapy-over-opioids-for-pain-management-choosept

Treating Pain Takes Teamwork #ChoosePT 1-minute video:
▶ https://www.youtube.com/watch?v=zAaf_wqeDck#action=share

Kansas Prevention Resources

Kansas Prevention Collaborative
The Kansas Prevention Collaborative was created in effort to integrate and innovate behavioral health (substance use, mental health, suicide, and problem gambling) prevention efforts in Kansas.
🌐 http://kansaspreventioncollaborative.org/Default

Kansas Prescription Drug and Opioid-Related Data Sources

Kansas Communities that Care Student Survey and Young Adult Survey
This website presents county-level data on substance use and behavioral health disorders among adult Kansans aged 18-25.
🌐 www.kctcdata.org

Kansas Behavioral Health Indicators Dashboard
This website presents state and county-level data on substance use and behavioral health indicators, as well as crime data, and social determinants of health data.
🌐 www.KBHID.org

Kansas Epidemiological Data Dashboard

This dashboard presents state and county level opioid-involved morbidity and mortality, in addition to controlled substances dispensation data.

🌐 www.preventoverdoseks.org

DCCCA Prescription Drug Misuse Prevention Toolkits

Prescription Drug Prevention

The Kansas Prevention Collaborative Prescription Abuse Prevention Toolkit provides state-specific strategies and resources for prescription drug misuse, abuse, and overdose prevention.

📄 https://dccca.adobeconnect.com/perxabuse/

Safe Use, Storage, and Disposal Toolkit

This toolkit is designed to provide helpful tips on how to prevent prescription drug misuse by taking simple actions to ensure prescription drugs are used, stored and disposed of properly.

📄 https://dccca.adobeconnect.com/prevrxmisuse/

Warning Signs of Prescription Drug Misuse Toolkit

This toolkit provides information about identifying the warning signs and indications that prescription drug misuse is occurring.

📄 https://dccca.adobeconnect.com/warningsignsrx/

Medication Disposal Toolkit

This toolkit provides and overview of medication disposal methods and resources in Kansas.

📄 https://dccca.adobeconnect.com/smdt/

Prescription Drug Strategies Toolkit

This toolkit provides a list of low to no cost educational strategies for the prevention of prescription drug misuse.

📄 https://dccca.adobeconnect.com/rxs/

DCCCA Prescription Drug Misuse Prevention E-Learning Modules

About the Epidemic Module

Prescription drug abuse is an epidemic affecting families and communities across the U.S. This module will provide in-depth information about the scope of the problem.

📊 https://dccca.adobeconnect.com/abtepdks/

Commonly Misused Medications and their Effects on the Brain Module

In this second module of the Prescription Drug Misuse, series we will take a closer look at the commonly misused medications and their effects on the human brain.

📊 https://dccca.adobeconnect.com/comiseffbrain/

Risk and Protective Factors and Warning Signs Module

In this third module of the Prescription Drug Misuse series, Risk and Protective Factors and Warning Signs, we will focus on identifying the different factors that are associated with prescription drug misuse and review common warning signs.

https://dccca.adobeconnect.com/rskprowarn/

Raising Awareness Module

This final module in the Prescription Drug Misuse series takes a look at different ways to raise awareness of the prescription drug epidemic.

https://dccca.adobeconnect.com/raisawa/

Kansas Poison Control Center Medication Safety Programs and Resources

24-hour Poison Control Center Hotline

Pharmacists, nurses and poison control specialists are available 24 hours a day, 365 days a year. You can call the Poison Control Center Hotline from anywhere in the state of Kansas and throughout the Kansas City metropolitan area.

1-800-222-1222

Kansas Poison Control Center

The Kansas Poison Control Center provides the 24-hour hotline but also provides many free resources for medication safety and poison prevention.

https://www.kansashealthsystem.com/medical-services/poison-control

Hunter and Scout

The Poison Control Center at The University of Kansas Health System has developed the *Hunter & Scout's Poison Patrol Program.* The program makes it easy and fun to teach this important topic of poison prevention to your students. The program includes a video and classroom activities as well as educational materials for parents/caregivers – because getting parents and other caregivers involved is critical in poison prevention.

https://www.kansashealthsystem.com/medical-services/poison-control/hunter-and-scout

Low to No Cost Prevention Programs and Strategies

Operation Prevention

Operation Prevention is a free classroom-based lesson on prescription medications that can be downloaded online. It has two options: one targeted to Middle School students and one targeted to High School students*.*

https://www.operationprevention.com/

Prescription Drugs: Misuse & Abuse Prevention for High School – EVERFI

EVERFI's prescription drug curriculum is a free and innovative digital course that arms high school students with the knowledge and tools to make healthy, informed decisions when it comes to prescription medications.

https://everfi.com/k-12/prescription-drug-abuse-prevention/

Generation Rx

Generation Rx provides free resources to educate people of all ages about the potential dangers of misusing prescription medications. The program focuses on safe use, storage, and disposal of medications and offers materials for medication safety education among youth, college students, other adults, and seniors in communities.

🌐 https://www.generationrx.org/about/mission/

Out of Reach

"Out of Reach" is a short (25-minute) documentary created by a teen filmmaker that captures the issue of prescription drug abuse through the eyes of a teen. The free "Out of Reach" documentary and toolkit are designed to help you spread the word about medicine abuse to parents and concerned adults in your communities and schools and to anyone who has an interest in learning more.

🌐 https://drugfree.org/article/out-of-reach/

Drugs: True Stories

Drugs: True Stories is an evidence-based classroom program in which young people and parents tell their stories about drug abuse, addiction and the benefits of staying drug-free. It includes facts, strategies and the words to help young people and families talk about drugs. The story includes Joel's Story describing his abuse of alcohol and marijuana in middle school and his addiction to prescription drugs in high school.

🌐 http://www.wordscanwork.com/products/product.html?prod=035

Too Good for Drugs

Too Good for Drugs is an evidence-based classroom drug prevention curriculum designed to help students learn skills to make responsible decisions and manage emotions. Too Good for Drugs teaches social strategies on how to refuse peer pressure and learn about the consequences of using alcohol, prescription medications, opioids, stimulants, over-the- counter drugs, nicotine, and marijuana.

🌐 http://www.toogoodprograms.org/

Kansas State University Extension Ed Talk on Opioids

Dr. Erin Yelland, for K-State Research and Extension, warns about the opioid crisis affecting the United States and steps we can take to fight against it. This 25-minute presentation and fact sheet provides an overview of the opioid crisis, including information on how to recognize an overdose.

📄 Fact Sheet: http://www.wildcatdistrict.k-state.edu/featured-topics/food-family/news-articles/Opioid%20Crisis%20fact%20sheet.pdf

▶️ Presentation: https://www.youtube.com/watch?time_continue=321&v=TKGlV69jH-o

Kansas Medication Disposal Sites and Resources

There are many medication disposal programs available in Kansas. The DEA often hosts National Drug Take-Back Days with local law enforcement agencies across the state in the spring and fall in which medications are accepted for safe disposal, for free, no questions asked and at no cost to the participating law enforcement agency. Information about the DEA take-back days such as dates, times, and participating agencies can be located at:

🌐 https://www.deadiversion.usdoj.gov/drug_disposal/takeback/.

Kansas also has several locations in which individuals can dispose of their unused or expired medications in a drop box. Drop boxes are located at law enforcement agencies, pharmacies, and hospitals; to find one near you visit:

🌐 https://apps.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s1.

All Walmart pharmacies provide a free medication disposal resources upon request, or with an opioid prescription. Free medication disposal resources may also be requested from DCCCA at

🌐 https://www.dccca.org/partnerships-success-form/

or the Kansas Poison Control Center - Call toll free

📱 1-800-222-1222

Many pharmacies provide mail-back programs to mail unused and expired medications to a safe disposal site. Contact your local pharmacy or waste management authority to learn more about local disposal options.

SAMHSA Resources

SAMHSA's Center for the Application of Prevention Technologies (CAPT) Resources to Prevent the Non-Medical Use of Prescription Drugs, Opioid Misuse, and Opioid Overdose
These resources include: practice-support tools, compiled data sources, archived webinars, video interviews, and grantee success stories.
📄 https://www.samhsa.gov/capt/sites/default/files/resources/capt-resources-support-opioid-misuse-overdose-prevention.pdf

Understanding the Role of Harm Reduction in Preventing Opioid Overdose
This resource offers prevention practitioners an introduction to a public health approach called harm reduction. It describes how harm reduction approaches are being used to prevent the consequences of opioid misuse and explores the role of prevention practitioners in supporting these approaches.
📄 https://captconnect.edc.org/sites/captconnect.edc.org/files/portal_embedded_files/Understanding-the-Role-of-Harm-Reduction_March2018_0.pdf

Collaborating with Medical Professionals
This section of the toolkit features stories from around the country of successful collaborative efforts to prevent opioid misuse and overdose as well as information on the role of prescriber education, opportunities for collaboration with medical professionals, preparing for prescriber education, and opportunities for engaging partners.
📄 https://captcollaboration.edc.org/focus-on-opioids

Addressing Opioid Overdose: Understanding Risk Factors and Prevention Strategies
This resource developed by SAMHSA's CAPT that provides: an overview of the opioid overdose problem; an inventory of risk and protective factors associated with overdose, and evidence-based strategies for preventing overdose; and a glossary of commonly-used terms in overdose prevention.
📄 https://captconnect.edc.org/sites/captconnect.edc.org/files/portal_embedded_files/Addressing_Opioid_Overdose_032117.pdf

Collaborating with Law Enforcement

This resource explores opportunities for collaborating with other criminal justice sectors to address opioid misuse and overdose,

https://www.samhsa.gov/capt/tools-learning-resources/collaborating-criminal-justice-thinking-beyond-law-enforcement

Addiction as a Disease—Not a Moral Failure

This resource explores the nature of addiction and society's attitudes toward people with substance use disorders and how language can reduce stigma.

https://www.samhsa.gov/capt/tools-learning-resources/addiction-as-disease-not-moral-failure

Prevent Med Abuse – a CADCA Initiative

The Community Anti-Drug Coalitions of America (CADCA) Online Rx Abuse Prevention Toolkit contains facts, strategies and tools to prevent and reduce teen Rx medicine abuse in your community. This newly revised toolkit is based on CADCA's Seven Strategies for Effective Community Change. Incorporating these strategies will help you formulate, modify and implement your prevention and intervention strategies.

http://www.preventmedabuse.org/about-the-tool-kit/how-to-use-the-toolkit/#.Ww1b6UgvyUk

CDC Resources

Adverse Childhood Experiences (ACEs)

Childhood experiences, both positive and negative, have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. As such, early experiences are an important public health issue. Much of the foundational research in this area has been referred to as Adverse Childhood Experiences (ACEs). ACEs can be prevented. Learn more about preventing ACEs in your community.https://www.cdc.gov/violenceprevention/acestudy/index.html

Resources and Data on Opioids

https://www.cdc.gov/drugoverdose/opioids/index.html

Provider Education

Free virtual training opportunities

Project ECHO

Web-based, collaborative provider education using case-based learning and interdisciplinary teams. Includes series on pain management and opioid addiction. (Includes free CME)

http://www.kumc.edu/community-engagement/ku-center-for-telemedicine-and-telehealth/project-echo.html

KansasTrain

KansasTRAIN is an affiliate of the Public Health Foundation's TRAIN Learning Network, and serves as the Kansas Department of Health and Environment's learning management system.

www.ks.train.org