

The National Prescription Pill and Drug Disposal Program



P2D2

PRESCRIPTION PILL & DRUG DISPOSAL PROGRAM

What will be created at the meeting?

- **P²D²**: A collaborative effort between local pharmacies, officials, and students....
- The purpose
 - Educate the public about the harm done to the environment due to the current prescription and non-prescription drug disposal practices
 - Provide them with an alternative way that ensures the quality of our water for future generations.

The P2D2 beginning

- Not knowing what to do with pharmaceuticals we posed the question to our students.
- Students discovered startling environmental and health info.
- They presented their findings to a group of local leaders.

What are the issues and facts?

- Over 80% of waterways tested in the U.S. by USGS show traces of common medications.
 - Painkillers
 - Estrogen
 - Antidepressants
 - blood-pressure medicines
 - etc.
- Studies have linked hormone exposure to reproductive defects in fish, and environmental exposure to antibiotics to the development of drug-resistant germs.
- A recent take-back program in San Francisco found the average household had 2.7 pounds of unwanted or expired drugs.

What are the issues and facts?

- The study involving the abuse of pain relievers reveals a 400 percent increase between 1998 and 2008 of substance abuse treatment admissions for those aged 12 and over reporting abuse of prescription pain relievers.

What are the issues and facts?

- 2010 - Nearly 7 million Americans are abusing prescription drugs
 - more than the combined number who are abusing
 - Cocaine
 - Heroin
 - Hallucinogens
 - Ecstasy
 - Inhalants
- 3.8 million in 2000
 - 80 percent increase in just 6 years.

What are the issues and facts?

- According to ONDCP prescription drug abuse, a fast-growing problem that killed more than 8,500 Americans in 2005
- 1 in 10 high school seniors admits to abusing powerful prescription painkillers.
- 40 percent of teens and parents think abusing prescription painkillers is safer than abusing "street" drugs.

What are the issues and facts?

- 25% of drug-related emergency room visits are associated with abuse of prescription drugs.
- 1 in 5 teens has abused a prescription (Rx) pain medication
- - 1 in 5 report abusing prescription stimulants and tranquilizers

The objectives of the program are:

- **Awareness:**

- to every community of the impacts of improper disposal of pharmaceuticals.

- **Educate:**

- citizens in reducing and eliminating pharmaceuticals from entering our environment.

- **Initiate:**

- positive working relationships between schools, pharmacies, communities, local government, and city officials.

- **Enable:**

- communities to improve their physical environments and quality of life through environmental education.

The objectives of the program are:

- **Reduce:**
 - consumer waste in the environment.
- **Assess:**
 - quantity of household pharmaceutical waste disposed of in an area.
- **Engage:**
 - all involved in the production, distribution, sales and consumption of medicines in environmentally preferable practices.
- **Foster:**
 - community health by providing an opportunity to work together towards a common goal.
- **Provide:**
 - a proper pharmaceutical disposal system for each community.

How does the program work?

- Individuals take their unused and unwanted prescription and non-prescription drugs to participating pharmacies and police departments.
- Pharmacists take the non-controlled pharmaceuticals and place them into secure bins.
 - *Please note that only licensed pharmacists and assistants handle the returned pharmaceuticals.*

What is accepted at Pharmacies?

- All non-controlled medications, which includes:
 - Prescription and OTC medications
 - Pet medications
 - Vitamins & Supplements
 - Liquid medications in leak-proof containers
 - Homeopathic remedies
 - Suppositories





Controlled substances

- Police take controlled and non-controlled substances which are dropped off at police departments in drug boxes.
- When the bins fill up, pharmacists and police department send them off to be incinerated.
- The incinerated pills are then turned into energy for homes and communities.

What is done with the medications?

- 3 or 4 bin system:
 - Pills
 - Ointments, Liquids, Creams, etc.
 - Blister packs
- Medications are picked up by Veolia Environmental Services or dropped off at Covanta and incinerated at various locations



What should you do with controlled substances?

- Individuals can take their unused and unwanted Class II controlled substances to the local, county, and state police departments.
- The departments have secure drop boxes that individuals can place their substances in - no questions asked.
- The substances are disposed of following proper police procedures.

How did we get the word out about P²D²?

- Ecology
- Illinois Studies
- Music Theory
 - Cleaner Water
 - P P P P 2D2
- Cleaning Out the Cabinet
 - <http://www.youtube.com/user/EcoRitter#p/u/4/nLSD6d1BdoA>
- P²D² Billboard
- Economics – Veterinarian Survey

P²D² Billboards

Got Old Meds?

Drop off your expired or unused medications at the following locations:

- Pharmax, Mattoon
- Eastern Illinois University Pharmacy
- Sarah Bush Lincoln Health Center
- Mattoon Police Department
- Charleston Police Department
- Eastern Illinois Police Department

www.P2D2program.org

Photo credit: Chris Adams, Public Township High School

Sea Grant

DON'T DRUG & DRINK

Don't Flush Pharmaceuticals!
Take them to any Woodford Co. pharmacy

P2D2program.org

Sea Grant

31005

07/12/2010 11:10

got pills?

Take Unwanted Pharmaceuticals to Any Woodford Co. Pharmacy

P2D2program.org

Sea Grant

ADAMS

31010

07/12/2010 12

WISCONSIN P²D²

PRESCRIPTION PILL & DRUG DISPOSAL

THIS SATURDAY!

9 AM-2 PM at the Reedsburg Police Department

HELP CLEAN UP OUTDATED & UNWANTED PRESCRIPTION AND OTC DRUGS THAT ARE IN OUR COMMUNITY

FREE & OPEN TO THE PUBLIC!

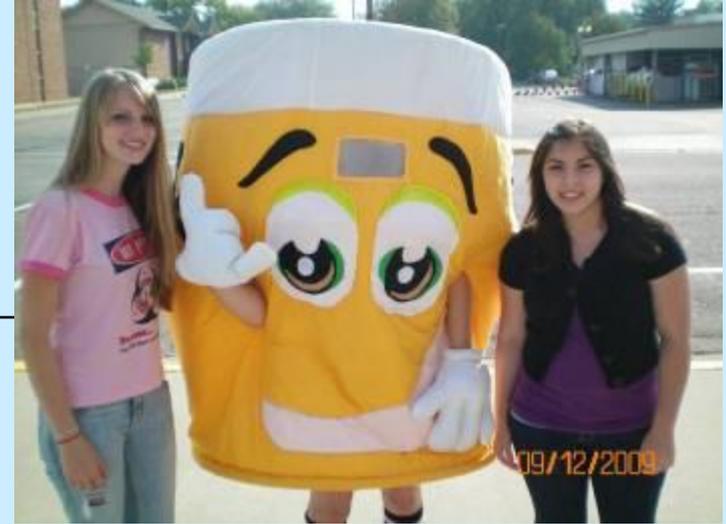
Sea Grant

Wisconsin P²D² And Jordyn Schara



- Jordyn Schara – 14 year old 8th grade freshman
- Reedsburg, Wisconsin – September 2009, Implements entire program by herself.
 - 3 town meetings with officials
 - Arranges donations to pay for disposal.
 - Sets up disposal company
 - Sets up Flu shot clinic
 - Sharps disposal
 - Mercury thermometer disposal

Wisconsin P²D²



- 450 plus pounds of pharmaceuticals collected.
- 120 Mercury thermometers.
- 33 gallon trash can of needles.
- Permanent Wisconsin P²D² program.
- Reaching out to all WI communities



A grassroots effort pays off

Pontiac High School students start prescription drug disposal program



Samantha Thacker, 18, (left) a senior at Pontiac Township High School, gave unused prescription drugs to Christina Phillips, 18, who is a senior at the school who works at Sartoris Super Drugs in Pontiac through a work/co-op program.

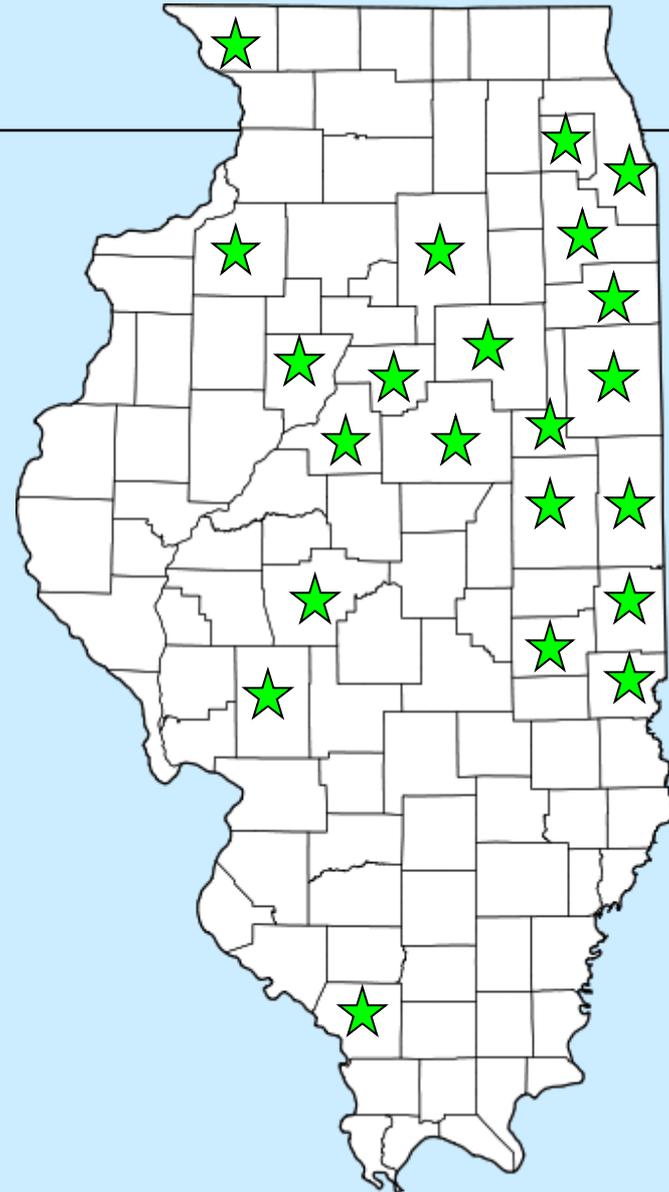


Pontiac High School ecology teacher Eric Rubin gave the significant change at a local pharmacy to help these pharmacists to be safe and avoid the use of Butler's Illinois program who provided the main group of students in stations and was even the first group of people who said, 'think global'." The wife, Julie, asked Paul in her medicine class in ecology class.



Illinois P²D² Program Counties

Livingston	Iroquois
McLean	Jackson
LaSalle	Jo Davies
Champaign	Kankakee
Clark	Macoupin
Coles	Peoria
Cook	Sangamon
DuPage	Tazwell
Edgar	Vermilion
Ford	Will
Henry	Woodford



New P²D² States, Counties, and Towns

- Ottawa
- Streator
- Mendota
- LaSalle
- Peru
- Princeton
- Peoria and Tazewell County
- St. Louis, MO
- Illinois ★
- Colorado
- Michigan
- Wisconsin
- Washington
- Indiana
- Arizona
- Massachusetts
- Georgia
- South Carolina
- Alaska
- Pennsylvania and more

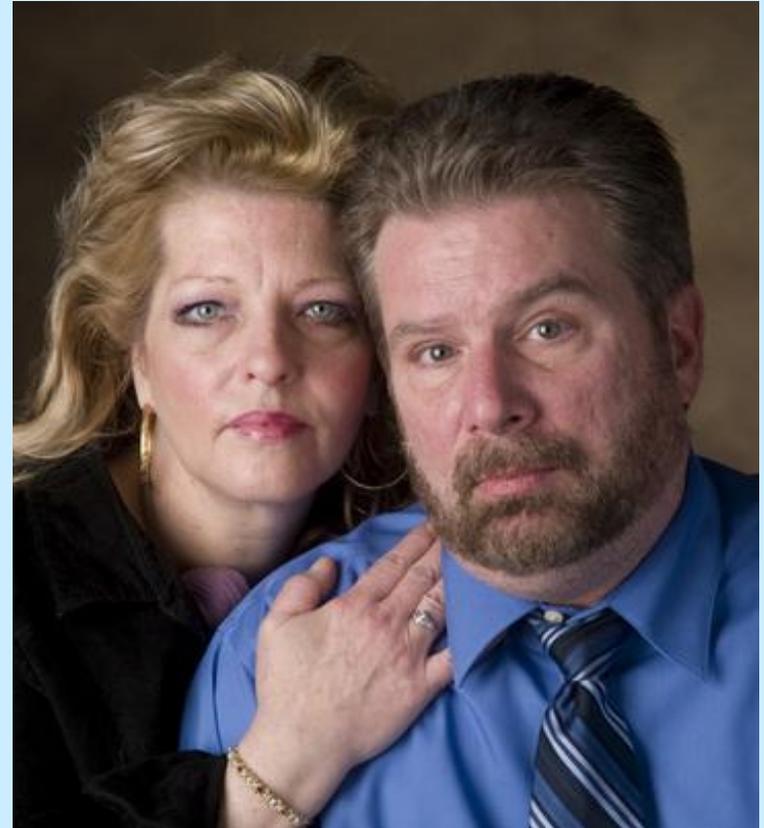
To Date Disposal Total Illinois

- Since inception we have collected approximately 270 fifty-five gallon drum equivalents of pharmaceuticals
- **Over 140,000 lb**
- This does not include privately funded disposals



Timmy Strain

- Burned on muffler
- Took girlfriends meds
- Committed to Philadelphia – Pennsylvania P²D²

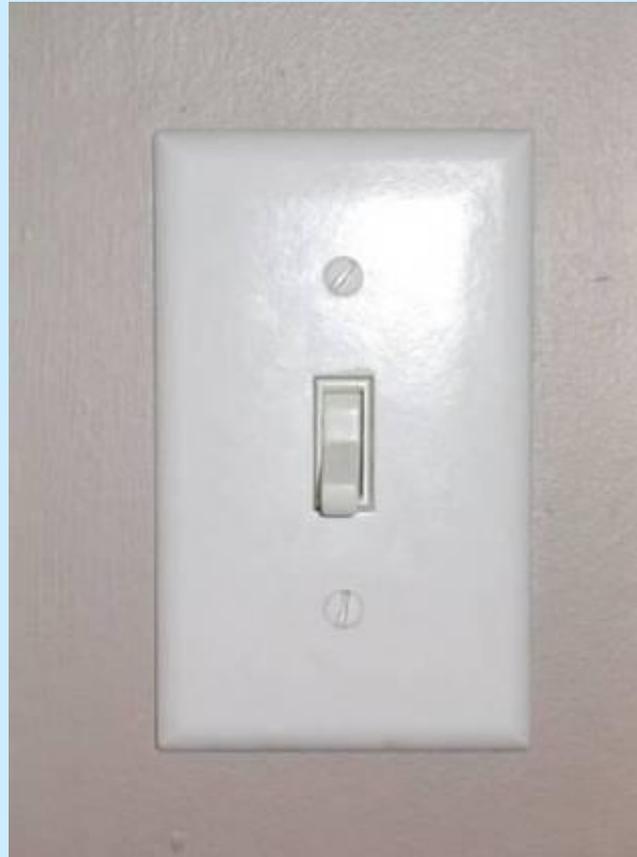


Other

- HEP Pill Bottle Phil Quad
- The Pill Bottle Phil Dodge 2500
- P²D² Raptor Toy Hauler



Why do we give P^2D^2 away?



Illinois-Indiana Sea Grant / P²D²



The Medicine Chest

A collection of safe disposal curriculum activities and educational resources



IL-IN Sea Grant Resource Kit:

Disposal of Unwanted Medications

A Resource for Action in Your Community

<http://www.iisgcp.org/unwantedmeds/>

Purpose: Guide for communities who are looking for a solution for their drug disposal problem

Use: Solid waste officials, county and state officials, community groups, high school students, environmental and community organizations, pharmacists, researchers

Successes: Educated thousands of individuals on the issue, supported several outreach campaigns for communities holding events, created new networking groups

IL-IN Sea Grant Resource Kit:

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Content

- 1. Introduction to the issue**
- 2. Case Studies of Take-Back Programs**
- 3. How to Hold a Collection Event**
- 4. Materials for Public Outreach and Education**
- 5. Pharmaceutical Donation/Take-Back Legislation**
- 6. International Policy on Medicine Donations**
- 7. Bibliography on Pharmaceuticals, the Environment, and Human Health**
- 8. Information for Nursing Homes and Assisted Living Facilities**
- 9. PowerPoint Presentation**



Why are we supporting community collections?

- Education about the issue
- Communities are
 - asking for assistance
 - asking for education materials
 - Concerned about issues of teenage abuse, diversion, older adult safety

Types of Stewardship Activities

- One-time consumer collection events
- Permanent collection locations
 - On-going one-day events
 - Collection boxes at pharmacies
 - Police stations
 - HHW facilities
- Mail-back programs
- Education



What is Still Needed?

- Legislation Reform and funding
- Research:
 - Excretion vs. disposal; veterinary vs. human-feedlots (CAFOs), farms may be largest source
 - Humans, pets, livestock will always be taking meds, so solutions at the WWTP are needed for the long run
- Curb medicine waste and over-prescribing
- Education and Outreach
 - Provide simple solutions for individuals, MDs, pharmacies, hospitals (VA), hospices, rehab centers, schools, etc.

Safe Disposal of Unwanted Medicine

Curriculum

- Develop curriculum materials
- Market these resources
- Develop 4-H guide—currently in pilot test phase

➤ **Service Learning Activities**

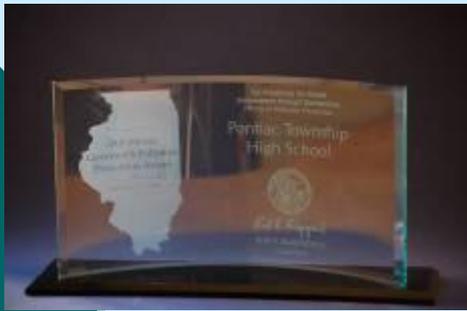
- Training for pharmacy, pharm techs, vet medicine students
- Link college and high school students to create community stewardship projects
- Investigate collaborating with faculty to create new UI service-learning course

➤ **Events**

- Integrate educational activities into exhibits, “Getting Rid of Stuff Sensibly (GROSS)”

Expected Impacts

- Educators use existing education projects (P2D2) in their teaching.
- Engage non-formal education partners
- Create a science-based understanding of proper disposal methods.
- Student citizenship is enhanced
- Public takes positive steps to properly dispose of their unwanted medicines



To Learn More



www.iisgcp.org/gros/meddisposal.html

www.p2d2program.org



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