

## Colorado Consortium for Prescription Drug Abuse Prevention

### Safe Disposal Work Group Meeting Minutes

November 8, 2022 – via Zoom

#### **Present:**

Sunny Linnebur and Lynette Myers, Co-chairs

Aminta Bhutani, DEA

Kaleigh Kessel, CDPHE

Melinda Sentance, Pueblo Department of Public Health & Environment

Crystal Goodiel, Safe Rx

Deterra Systems: Ian Goldstein, Jack Dwyer, Angela Faircloth

Consortium: Jose Esquibel, Hilary Bryant, Jessica Eaddy, Jennifer Mackender

**Absent:** See attached list

Co-Chair Lynette Myers called the meeting to order at 11:05 a.m.

#### **Approval of Minutes:**

A motion was made to approve the September 2022 meeting minutes. Motion approved.

#### **Updates:**

- The October 2022 sharps collection totalled 129 pounds, the highest amount in several months. September's collection totaled 98 pounds.
- The mail back program collected 77 pounds in October, which is similar to past months. Over 4,600 containers have been distributed to date.
- The Takeback Program collected over 5,800 pounds of medications.
- Aminta Bhutani reported that the DEA Take Back collected 14,000 pounds of medications, which is about the average amount collected during DEA events.

CDPHE is working with a marketing firm to promote programs.

A brief discussion was held about sites that are no longer participating in the state takeback program. There are a number of pharmacies now interested in participating. Jessica Eaddy mentioned Mercy Hospital in Durango as a potential location.

Jose Esquibel said a recent review of the current overdose data from the CDC shows Colorado as being far above average for overdose deaths related to prescription drugs. A demographic review of overdoses could help determine where additional medication drop off locations should be located. In addition, efforts could be made to educate the public on the importance of drug disposal. Jose said he would follow up with Barbara Gabella.

Ian Goldstein said that the Deterra System's goal is to distribute Deterra pouches to every resident in every state.

#### **Re-engagement Survey:**

Lynette spoke about past meeting attendance and future plans to increase work group participant engagement to advance the work group goals of safe use, storage, and disposal. A survey will be sent to all work group members to help identify other needs.

Hilary Bryant said safe use is a broad term and could be defined as only taking medications that are specifically prescribed by each individual's doctor. She said that she and the co-chairs are meeting next month to focus on strategic planning and goals for 2023.

Jose Esquibel pointed out that the work group goals in the beginning were focused on rules and regulations, which included larger group participation. He suggested reviewing challenges other states might be facing as well as a review of best practices.

Hilary said a review of other states was recently conducted and that Colorado is one of the more progressive states. She mentioned that California requires pharmacies to sell locking boxes adjacent to the pharmacy for pharmacists to recommend to patients. Many states use the "Dose of Reality" campaign in their educational efforts.

Jose asked Deterra representatives present about trends they are seeing nationally.

Ian Goldstein said that while drug take backs do collect a lot of medication, there is still a huge amount of medication still available and that some individuals may be reluctant to take medications to law enforcement locations. Deterra views their product as a prevention tool to save lives.

Lynette confirmed that Colorado now has 177 drop off sites, and that data indicate that law enforcement offices collect more medications than pharmacies.

Angela Faircloth said New York State has been a huge proponent of the Deterra pouches and that the state's offices of aging are also providing patients with disposal pouches as are treatment providers. Albany County is mandating the provision of pouches with each opioid prescription dispensed. Funding for pouches has been provided by the opioid settlement funds.

Crystal Goodiel mentioned the importance of also keeping medications stored safely.

### **2023 Work Group Goals:**

Sunny Linnebur emphasized that part of the strategic plan and 2023 goals will also focus on safe storage both from the standpoint of safely storing medication where children might be present and from teens or adults where theft might be involved. Other areas of focus include outreach to older adults, including collecting unused drugs from patients.

The work group discussed educational outreach in various Colorado regions and work that remains to be done. Jose mentioned the ongoing outreach by the Consortium's external relations staff.

Melinda Sentence, with Pueblo Department of Public Health & Environment, said that they are also focused on educating the public on safe use and storage of medications. She has personally distributed 383 lock boxes in Pueblo County. She also mentioned that lower income individuals might have difficulty purchasing such items.

Crystal Goodiel said Safe Rx has bulk purchasing available for their locking medication bottles. Four bottles cost about the same as a lock box. Safe Rx also has coupons available.

Sunny Linnebur mentioned the new CDC opioid guidelines that address safe storage and disposal as well as an article that mentions patient opioid use and storage patterns after being discharged from the hospital.

**Adjournment/Next Meeting:**

The meeting adjourned at 11:52 a.m. The next work group meeting will be held on January 10, 2023 from 11 – 12:30 p.m.

Attachment: Work group roster

Links:

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0147972>

<https://www.cdc.gov/mmwr/volumes/71/rr/pdfs/rr7103a1-H.pdf>

SEOW Prescribing Profile from 2021: <https://www.coloradoseow.org/wp-content/uploads/2021/02/FINAL-2021-Opioid-Epi-Profile.pdf>

<https://geoinfo.coag.gov/portal/apps/sites/#/settlement-distributions>