
WELCOME!

PDMP TTAC Webinar
February 21, 2018

Presenters

Greg Fabisiak, Environmental Integration Coordinator, CO Department of Public Health & Environment

Sunny Linnebur, PharmD, Professor, CU Skaggs School of Pharmacy

Whit Oyler, Strategic Planning Coordinator, Colorado Consortium for Rx Drug Abuse Prevention
Disclosures:

- Greg Fabisiak, Environmental Integration Coordinator, CDPHE, has disclosed no relevant, real or apparent personal or financial relationships with proprietary entities that produce health care goods and services.

- Sunny Linnebur, PharmD, Professor, CU Skaggs School of Pharmacy, has disclosed no relevant, real or apparent personal or financial relationships with proprietary entities that produce health care goods and services.

- Whit Oyler, Strategic Planning Coordinator, Colorado Consortium for Rx Drug Abuse Prevention, has disclosed no relevant, real or apparent personal or financial relationships with proprietary entities that produce health care goods and services.
Session Learning Objectives

- Describe the state-funded safe disposal program in Colorado
- Identify the benefits and challenges of engaging stakeholders in the development and implementation of a state-wide safe disposal program
- Apply the presented model of community drug disposal to other states
WELCOME TO COLORFUL COLORADO
A headwaters state...
Yet, even here waters are not truly pristine...

Rocky Mountain National Park

Waters of West Creek, two miles above the trailhead, were found to contain low levels of pharmaceuticals including Oxycodone, Codeine, Ibuprofen, Fluconazole, Primidone, Phenytoin, Methotrexate, and Camphor

Denver Water

“Denver Water participated in some of the earliest research projects looking for microconstituents in 2005 (a project with Colorado State University). Researchers did not find any estrogenic compounds but did detect trace amounts of antibiotics and pharmaceuticals at part per trillion concentrations…”

...an active, healthy state
Yet, Colorado has an Rx drug abuse problem…

**States with Highest Opioid Abuse Rates (2010-2011)**

<table>
<thead>
<tr>
<th>State</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oregon</td>
<td>6.37%</td>
</tr>
<tr>
<td>Colorado</td>
<td>6.00%</td>
</tr>
<tr>
<td>Washington</td>
<td>5.75%</td>
</tr>
<tr>
<td>Idaho</td>
<td>5.73%</td>
</tr>
<tr>
<td>Indiana</td>
<td>5.68%</td>
</tr>
<tr>
<td>Arizona</td>
<td>5.66%</td>
</tr>
<tr>
<td>National Average</td>
<td>4.6%</td>
</tr>
</tbody>
</table>

*Source: SAMHSA 2013.*
Drug Overdose Mortality in Colorado

Drug Overdose Mortality in Colorado

Colorado Drug Overdose Death Rate, 2014

500% Increase

Medication Disposal Timeline

*Take-Back Pilot Project Launch 2009

GOAL - Permanent Collection Sites in Every County
Safe Disposal Chronology: 2009

- The Colorado Department of Public Health and Environment sought to address these concerns by dealing with the issue of safe drug disposal.
- Colorado’s initial stakeholder effort to establish a medication take-back program. Fewer than 20 stakeholders involved.
- Early emphasis on water quality concerns, but it soon became clear that disposal programs could also address the issue of drug diversion.
- Pilot medication take-back program launched in December. Kiosks in place through June 2016 at one dozen pharmacies and local public health offices. No controlled substance collection allowed.
- 64,363 pounds collected @ $5.63 per pound paid by various agency donations.
Colorado Take-Back Pilot Project

Disposal of Non-Controlled Medicines Only
No Narcotics Allowed
No Medical Professionals

Para la Disposición de Medicinas No controladas.
Ningunas Drogas o Otras Sustancias Controladas Permitidas.
Ningunos Profesionales Médicos.

Non-hazardous industrial waste landfill

Contractor-serviced kiosks
What we learned

Unused drugs stay in the home too long...

How long had the medicine you dropped off been accumulating?

- 1-12 months: 25%
- 1-5 years: 50%
- 5-10 years: 19%
- >10 years: 5%
- No response: 1%

Colorado Medication Take-Back Pilot Program User Survey

232 user survey cards submitted 12/16/09 - 07/15/13
...and can contribute to the problem of abuse.

Over 70% obtain opioids from friends or relatives…the “Medicine Cabinet” problem (most common starting point for nonmedical use and addiction)

Timeline Update

2009
*Take-Back Pilot Project Launch

2012-2013
*Stakeholders Group Established
*Colorado Strategic Plan
*Colorado Consortium Launched

GOAL - Permanent Collection Sites in Every County
Safe Disposal Chronology: 2012

- Colorado Household Medication Stakeholders Group Established, with a mission…

  “… to empower Colorado citizens, stakeholder groups, and regulatory/non-regulatory agencies to work together to reduce drug abuse and protect our environment through education, outreach and the development of guidance on proper handling and disposal of unused household medications.”
Nearly 200 Stakeholders representing wide-range of organizations meeting 6 times over 2 years:

- State and local public and environmental health agencies
- Local law enforcement agencies
- Federal agencies including EPA and DEA
- Municipal governments
- Universities
- Water and wastewater utilities
- PhRMA
- Colorado Pharmacists Society, Colorado Board of Pharmacy, CU School of Pharmacy, individual pharmacies
- Colorado Hospital Association, individual hospitals
- Colorado Medical Society
- Colorado Association of School Nurses
- Substance abuse treatment providers
- Waste disposal contractors
Colorado Household Medication Stakeholders Group

- Examined opportunities and challenges
  - Identified potential funding sources
  - Identified regulatory compliance issues
  - Provided input to public message development
  - Reviewed DEA proposed rule for disposal of controlled substances and suggested comments
  - Promoted DEA National Take-Back Initiative events
  - Reviewed draft Colorado Plan to Reduce Rx Drug Abuse

- Work was essential to ultimate development of state-funded, state-wide household medication take-back program
Safe Disposal Chronology: 2012-2013

- National Governors Association – Policy Academy to Reduce Prescription Drug Abuse
  - Seven-state, year-long initiative
  - Sought to develop and implement comprehensive and coordinated state strategies
  - Launched Colorado Plan to Reduce Prescription Drug Abuse, leading to establishment of:

- Colorado Consortium for Prescription Drug Abuse Prevention
  - Collective Impact Model – bringing people together, in a structured way, to achieve social change
Colorado Consortium for Rx Drug Abuse Prevention

- Created by Governor John Hickenlooper in the fall of 2013 to establish a coordinated, state-wide response to this major public health problem

- Serves as a backbone linking state agencies, organizations, health professions, associations, task forces, and programs currently addressing the prescription drug abuse problem

- Seeded with $1 million in funding from former Colorado Attorney General John Suthers
2016 GOAL: PREVENT 92,000 Coloradans from misusing opioids

255,000 COLORADANS AGED 12 +

6% minus 3.5% = 92,000 COLORADANS AGED 12 + PREVENTED FROM MISUSING OPIOIDS
Colorado Consortium for Rx Drug Abuse Prevention

Governor

Provider Education Work Group
Co-Chairs: Lesley Brooks, N. Colorado Health Alliance
Joshua Blum, Denver Health

Public Awareness Work Group
Co-Chairs: Jose Esquibel, Attorney General's Office
Kent MacLennan, Rise Above Colorado

Attorney General
Substance Abuse Trend & Response Task Force

Legislature

Treatment Work Group
Co-Chairs: Paula Riggs, CU
Mandy Malone, OBI

PDMP Work Group
Co-Chairs: Jason Hoppe, UCH/CU
TBD —DORA

Data & Research Work Group
Co-Chairs: Barbara Gabella, CDPHE
Alla Al-Tayyib, Denver Health

Safe Disposal Work Group
Co-Chairs: Greg Fabisiak, CDPHE
Sunny Linnebur, CU

Coordinating Center
CU School of Pharmacy
Robert Valuck, PhD, RPh
Coordinating Committee
(Work Group Co-Chairs)

Heroin Response Work Group
Co-Chairs: Tom Gorman, RM HIDTA
Lindsey Myers, CDPHE

Affected Families & Friends Work Group
Co-Chairs: Karen Hill & Suzi Stolte,
JP Rx Drug Awareness Foundation

Recovery Work Group
Co-Chairs: Dana Smith, The Phoenix
Rourke Weaver, Red Rock Recovery
Safe Disposal Work Group Accomplishments

- Advocated safe medication disposal with the public, businesses, media, governmental agencies, and legislators.
- Developed safe disposal brochure.
- Developed safe storage brochure.
- Contributed safe disposal and storage elements to the TakeMeds Seriously.org public awareness campaign.
- Partnered with the Public Awareness Work Group to create radio and TV public service announcements along with on-line and social media campaigns.
- Assisted with development of community guides for the establishment of permanent collection sites and take-back events.
**Safe Disposal Brochure**

**DID YOU KNOW?**

Prescription Drug Abuse is the Fastest-Growing Drug Problem in the U.S.

1 in 7 Colorado High School students has taken prescription medications without a doctor’s prescription. Over half of teens say that it’s easy to get prescription drugs from their parent’s medicine cabinets.

In 2015:

329 The number of prescription opioid-related deaths

VS.

151 alcohol-impaired driving fatalities (where BAC was 0.08 or over) *


Pain Medications Obtained for Nonmedical Use

53.7% of individuals who misused prescription opioids obtained them from a friend or relative. **

** NCHS numbers, Table 55B Source Where Pain Relievers Were Obtained for Most Recent Episode among Past Year Users Ages 12 or Older, by Age United Percentages, 2011 and 2013 (http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3688201/)

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**DISPOSAL PROGRAMS**

Call 303.692.2903 or visit TakeMedsBack.org to find permanent household medication take-back sites.

**Colorado Medication Take-Back Program**

Managed by the Colorado Department of Public Health and Environment. Permanent collection sites can be found at participating law enforcement agencies, pharmacies, hospitals, and clinics.

Accepted medicines:
- Over-the-counter and prescribed medicines (including prescribed controlled substances like Percocet, Oxycontin, Xanax, Ritalin, etc.)
- Medication samples
- Medicated ointments
- Vitamins
- Pet medications
- Unused medication patches
- Liquid medications (small amounts in non-leaking original container)
- Unused injection pens (EpiPens*, blood thinner injectors, insulin pens, etc.).

**Other Disposal Options**

TakeMedsBack.org also lists permanent collection locations managed by others.

**Take-Back Events**

One-day events for medication collection may be held in your community from time to time. Check TakeMedsBack.org to see the schedule.

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Safe drug disposal saves lives and protects drinking water supplies.

TAKEMEDSBACK.ORG
HOW CAN YOU HELP?
By monitoring your meds and disposing of them properly.

SAFE STORAGE & SAFE DISPOSAL TIPS

DO:

Store medications safely out of reach of children and pets. Consider a lock box or similar device to store medications safely.

Visit TakeMedsBack.org to find a safe disposal location near you. New boxes are being added around the state. If there is not yet a safe disposal box nearby, check back soon.

DO NOT:

Don’t flush pills or liquid medication down the toilet or drain. Flushing pollutes drinking water and could harm aquatic life.

How you dispose of unused and expired medications makes a difference. Studies have detected medicines in our water supplies.

If you have no other choice, you can throw most medicines in household trash if you follow these steps:

- Remove medicine from containers and destroy labels to help protect privacy. Recycle containers if possible or hide them in the trash.

- Mix medicine with something that cannot be eaten, such as cat litter or coffee grounds, to prevent accidental or intentional misuse of medicine by children or animals.

- Wrap the mixture in another material, such as newsprint or a paper sack, or place medicine in sealable containers (cans, plastic bags).

- Throw in the trash on the day your garbage is collected.

Do Take Extra Care When Disposing of Syringes & Patches

SYRINGES & SHARPS:
- Place syringes and other injectables in a sturdy, puncture-resistant container with a screw-on cap. Empty laundry detergent bottles work well.

- Place a label/warning on the container (Example: Syringes – Do Not Recycle).

- When full, place sealed containers in the trash, not recycling.

- Or purchase a plastic sharps container at your pharmacy. Your pharmacy may sell pre-labeled, mail-back containers.

PATCHES:
- Only for used Fentanyl or Duragesic pain patches: fold in half, sticky side together, and flush down the toilet. These patches are dangerous if not flushed immediately after use.

- Take all other unopened patches to a Take-Back location.

- Be especially careful using and storing pain medication patches; they are dangerous if used other than prescribed and directed.
Safe Storage Brochure
TakeMeds Seriously.org

- Ran in 2015 with $1M in funding from former AG
- Focuses on Safe Use, Safe Storage, Safe Disposal
- Bilingual (English/Spanish)
- Campaign showed significant improvement in knowledge and behavioral intent (to use safe disposal program)
- Exporting to Oregon (open to sharing with other states)
Current Safe Disposal Work Group Goals

- A statewide, permanent collection site network supportable by the program’s annual $300,000 legislative appropriation.
- Partnerships and promotional strategies in place to effectively reach Colorado’s older adults, including those without internet access.
- Sharps collection programs in place operating in conjunction with the medication take-back program.
- Options in place for the disposal of medications by persons with limited mobility.
- Continuing evaluation of in-state options for the destruction of collected medications.
Timeline Update

2009

*Take-Back Pilot Project Launch

2012-2013

*Stakeholders Group Established
*Colorado Strategic Plan
*Colorado Consortium Launched

2014

*DEA Rules Enacted
*Governor signs HB14-1207

GOAL - Permanent Collection Sites in Every County
Safe Disposal Chronology: 2014

- DEA finalizes rules governing disposal of controlled substances defining allowable collection methods for law enforcement and DEA-registrants, including pharmacies.

- HB14-1207 passed by Colorado legislature.
  - Codifies medication take-back program in Colorado statutes (25-15-328, C.R.S.)
  - Allows controlled substance collection.
  - Allowed Solid and Hazardous Waste Commission to develop program rules and regulations.
  - Gives liability protections to participants.
HB14-1207 Signing Ceremony
Safe Disposal Chronology: 2015

- Program receives $300,000 appropriation

- Colorado legislature’s Joint Budget Committee created an annual $300,000 allocation from the State’s general fund for use by the program.
  - Action was taken without introduction or passage of additional legislation (very unusual!)
  - Indicative of bipartisan support for safe medication disposal.
  - Funds can be used for program management, operation and promotion.
Medication Disposal Timeline

*Take-Back Pilot Project Launch 2009

*DEA Rules Enacted
*Governor signs HB14-1207 2014

*Rules and Regs Adopted
*Contractor Selected
*Take-Back Program Launched 2016

2012-2013
*Stakeholders Group Established
*Colorado Strategic Plan

2015
*Colorado Consortium Launched
*300K Appropriation

GOAL - Permanent Collection Sites in Every County
Safe Disposal Chronology: 2016

- Stakeholders promulgate draft program rules and regulations
- Rules and regulations (6 CCR 1010-23) adopted by Solid and Hazardous Waste Commission
- Governor’s office establishes goal of at least one permanent location in every county by end of 2018
- CDPHE solicits proposals and hires Assured Waste Solutions
- Assured Waste Solutions obtains Federal DOT shipping permit
- First drugs sent to Assured Waste for destruction in November
Rationale for Rulemaking

- Substantial increase in program breadth and complexity with statewide expansion
- Collection and transport of controlled substances increases the risk of medication diversion
- Rules provide solid framework of program integrity and support for participants
- Bolsters statutory liability protections – helps define “good faith” compliance
- Links participants to program funding
Rules and Regs Stakeholder Process

- State law requires agencies to establish a representative group of participants when considering to adopt or modify new and existing rules.
- More than 200 stakeholders engaged
- Additional outreach through Colorado Association of Chiefs of Police; County Sheriffs of Colorado; CDPHE Office of Planning, Partnership and Improvement; Colorado Consortium for Prescription Drug Abuse Prevention
- Stakeholder issues-scoping meeting held June 2015
  - Solicited stakeholder input prior to first draft development
Rules and Regs Stakeholder Process

- CDPHE prepared first draft using DEA rules and regulations as template
- 5 stakeholder meetings held from December 2015 through March 2016
- Meeting ground rules were established
- Stakeholder meetings involved line-by-line review, comments, and real-time editing
- 50 stakeholders attended at least one meeting
- Stakeholder consensus was achieved
Stakeholder Meeting Ground Rules

- Be Positive
- Listen - Be Attentive to Others
- Phones on Silent or Mute
- Keep an Open Mind - Focus on Solutions
- Ask Questions, Participate
- Stay on Subject
- Hard on Issues, Not People - Be Respectful
- Stay On Schedule, Everyone Is Responsible

“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has.”
- Margaret Mead
Rules and Regs Highlights

- Only apply to the State-funded program
- Collector participation is voluntary
- Mirror DEA rules for disposal of controlled substances, however:
  - Long-term care facilities not included
  - Mail-back envelopes not included
- Incorporate elements of Colorado medical waste regulations
  - Medical Waste Management Plan
  - 90-day storage limit (once removed from kiosk)
  - 3-year records retention period
Rules and Regs Highlights

- Department approved transporters can access program funds for costs of collection, transport, and destruction.

- Transporters must acquire medications from collectors via on-site pick-up or delivery via common or contract carrier (e.g., UPS, FedEx).

- Transporters must destroy medications to non-retrievable state within 30-days of acquisition.

- Inner-liners containing medications must be tracked through ultimate destruction to a non-retrievable state.
Launching the Program

- Contract with Assured Waste Solutions, LLC (AWS) effective May 23, 2016
- Implementation delayed due to evolving US Department of Transportation permitting requirements
- Special Permit issued to AWS on November 2, 2016
  - Manufacture, Mark, Sell, and Use Permit (MMS)
  - Allows shipment of inner-liners with strong outer packaging meeting defined performance standards
- Collectors must:
  - Keep a copy of the permit on-site
  - Use the materials and follow instructions provided by AWS
From Collection to Destruction

- Approved Collector
- UPS
- Transport
- Incineration: Hampton, VA
- Storage: Gastonia, NC
Promoting the Program: Community Connections are Key

- Joint effort of Consortium’s Safe Disposal and Public Awareness Work Groups.
- Sites or contacts have been established with assistance provided by:
  - Colorado Consortium for Rx Drug Abuse Prevention
  - Local Public and Environmental Health Agencies
  - Area Health Education Centers
  - Comprehensive Treatment Centers
  - Community Health Partnerships
  - Law Enforcement Trade Organizations
  - Independent Pharmacy Trade Associations
- AmeriCorps Community Opioid Response Program volunteers are conducting community outreach
Promoting the Program to Potential Collectors

- Guides for community engagement available at TakeMedsBack.org
YOU’RE ON THE HOOK
(to keep drugs out of my water)

THIS IS GONNA HURT
(but your old painkillers won’t help)

JUST CHECKIN’
(If you toss old meds, I’ll know)

I’M FULL
(but I don’t need your old antacids)
TakeMedsBack.org – landing page for disposal info

SAFE DISPOSAL

TAKE MEDS BACK DISPOSAL OPTIONS

Take Meds Back helps residents of Colorado safely dispose of unused and expired prescription medications. Safe disposal keeps meds like opioids, sedatives, and stimulants from being misused or abused. It also helps protect Colorado’s precious environment and wildlife.

The best way to get rid of medication is to take it to the nearest secure collection box. Communities, pharmacies, and government and law enforcement agencies are working together to install secure drop boxes across Colorado. Use this page to find the prescription medication collection box closest to you!

FIND PERMANENT COLLECTION BOXES ↓

FIND A TAKE-BACK EVENT ↓

HOME DISPOSAL ↓

COLORADO HOUSEHOLD MEDICATION TAKE-BACK PROGRAM

The average American household possesses four pounds of unused, unwanted, and out-of-date medicines and prescription medications. It’s not just things like opioid painkillers, tranquilizers, and anti-depressants. It’s cold medicines, vitamins, heart medicine, even Veterinary prescriptions.

Colorado is doing something proactive to help solve the problem. Communities all over Colorado are putting convenient drop boxes in law enforcement agencies and pharmacies to take back these medications. And funding to cover all costs of ongoing, household medication take-back programs is now available.
Medication Take Back locations map

Locations as of 01/31/18
Medication Disposal Timeline

- *Take-Back Pilot Project Launch*: 2009
- *DEA Rules Enacted*:
  - *Governor signs HB14-1207*: 2014
- *Rules and Regs Adopted*:
  - *Contractor Selected*:
    - *Take-Back Program Launched*: 2016
- *Stakeholders Group Established*:
  - *Colorado Strategic Plan*:
    - *Colorado Consortium Launched*:
  - *$300K Appropriation*: 2015
Colorado Med Take-Back Program at February 14, 2018

93 collectors
49 counties
19,377 pounds collected
Program Benefits

- Removes unused medications, including controlled substances, from homes where they may be misused or abused
- Protects the environment by reducing medication flushing or trash disposal
- Provides centralized, consistent advice on proper medication disposal
- Helps reduce burden on grieving families
- Provides opportunities for positive law enforcement engagement with citizens
- Creates potential new customers for pharmacy collectors

At no cost to collectors!
The Colorado Household Medication Take-Back Program delivers value to collectors and their communities.
Thank You!
Questions?

Program Contact:
Greg Fabisiak
CDPHE
303-692-2903
Greg.Fabisiak@state.co.us