

Safe Disposal in Colorado: A State-Led Approach

WELCOME!

**PDMP TTAC Webinar
February 21, 2018**

Safe Disposal in Colorado: A State-Led Approach

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**



COLORADO
Department of Public
Health & Environment



Skaggs School of Pharmacy
and Pharmaceutical Sciences

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



Disclosures:

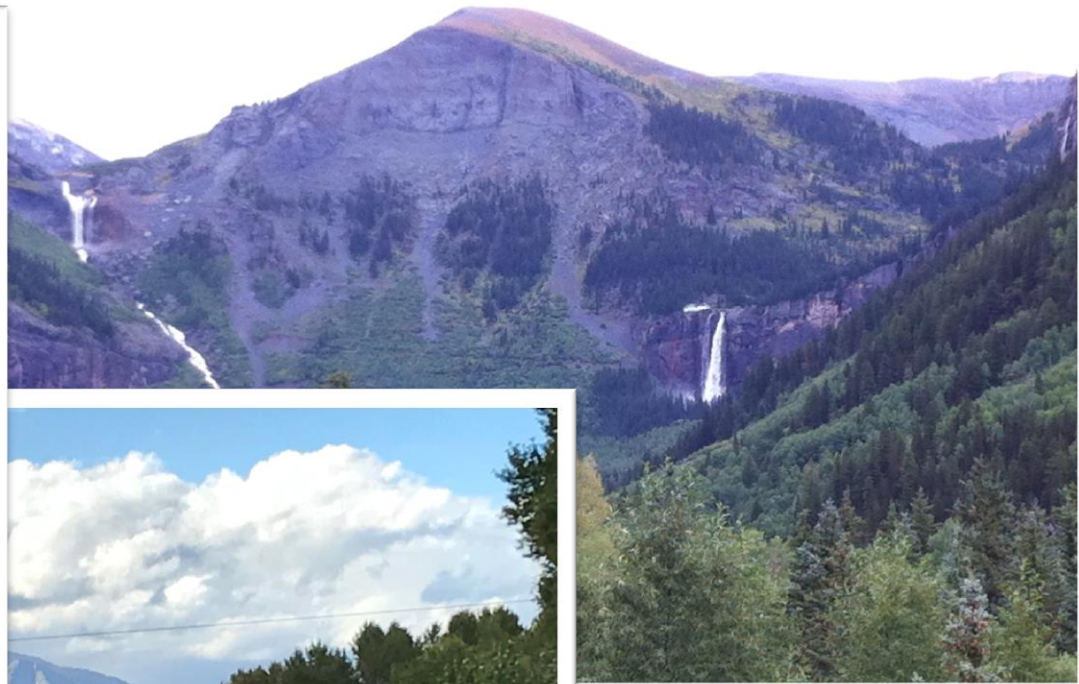
- **Greg Fabisiak, Environmental Integration Coordinator, CDPHE, has disclosed no relevant, real or apparent personal or financial relationships with proprietary entities that produce health care goods and services.**
- **Sunny Linnebur, PharmD, Professor, CU Skaggs School of Pharmacy, has disclosed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

First Sign Shop 2-7-00 400-6641



**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

Hormones, Pharmaceuticals, Pesticides, and other Contaminants of Emerging Concern in Water, Sediment, and Tissue from Rocky Mountain National Park, Colorado 2012-13

William Battaglin, Paul Bradley, Luke Iwanowicz, Edward Furlong, William Foreman, and Michelle Hladik: all at USGS

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...”

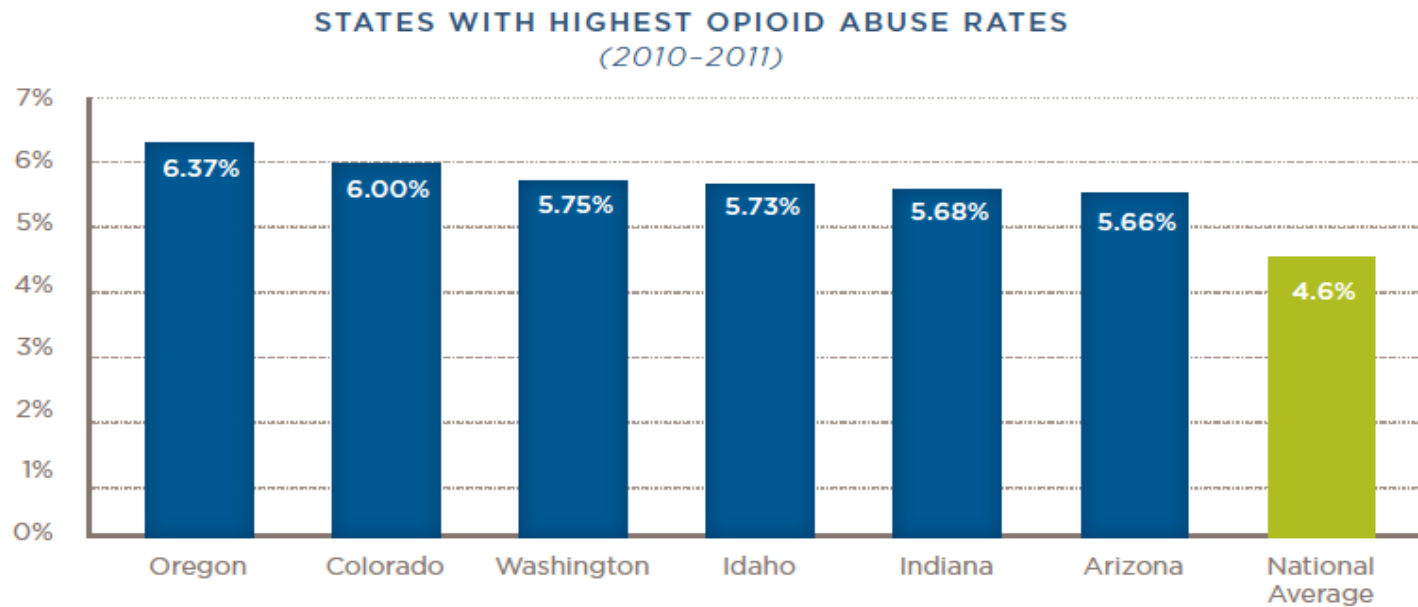
Denver Water: Trace Pharmaceuticals. (2018, February 5) Retrieved from <https://www.denverwater.org/your-water/water-quality/trace-pharmaceuticals>





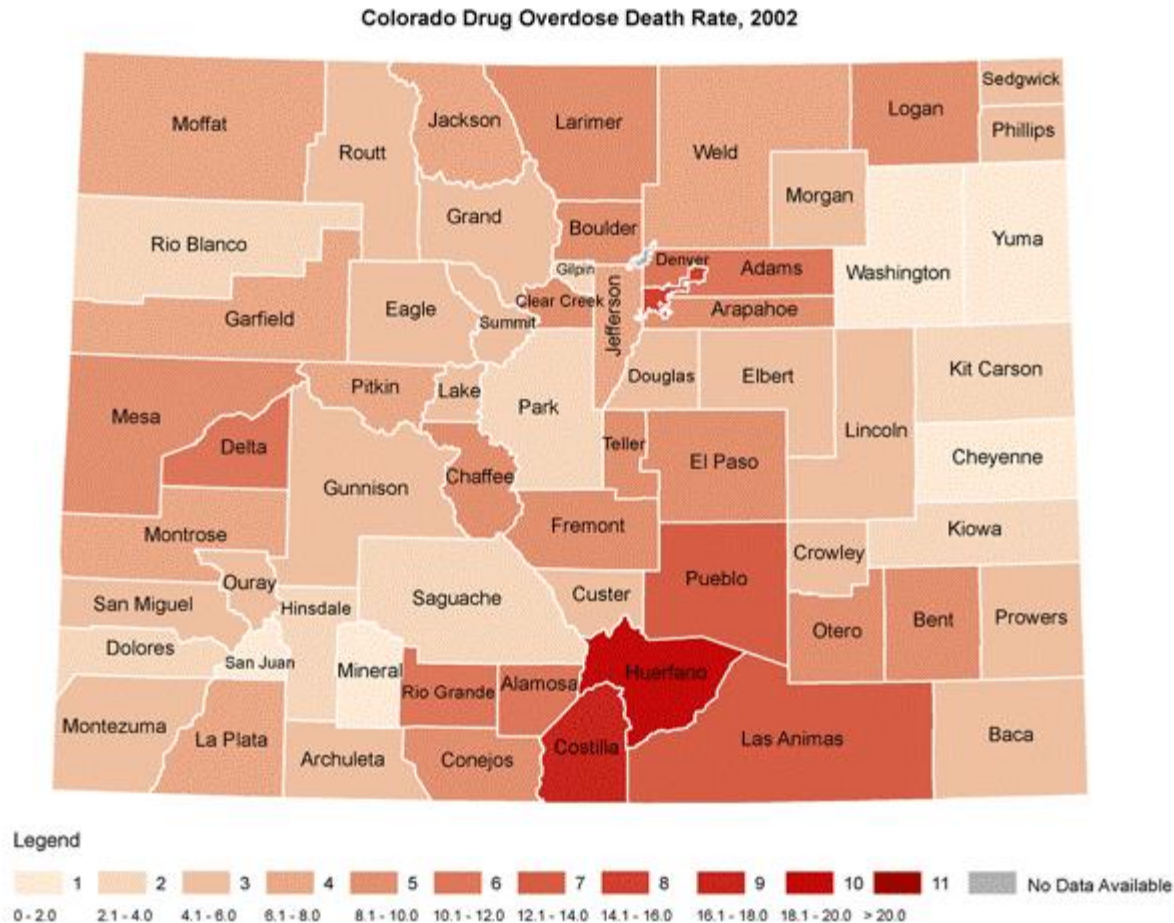
...an
active,
healthy
state

Yet, Colorado has an Rx drug abuse problem...



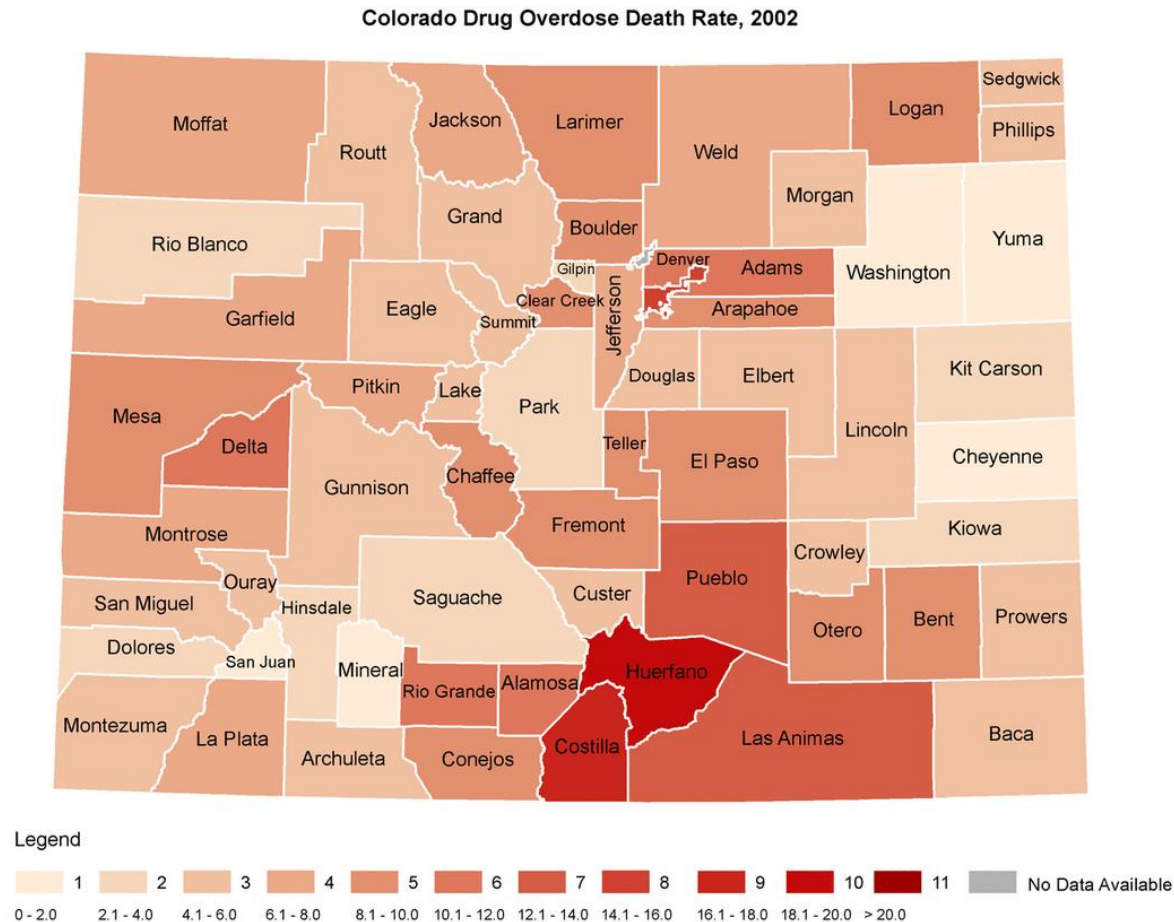
Source: SAMHSA 2013.

Drug Overdose Mortality in Colorado



CDC/NCHS National Vital Statistics System,
CDC Wonder. Updated 2010.

Drug Overdose Mortality in Colorado



Drug Overdose Mortality in Colorado

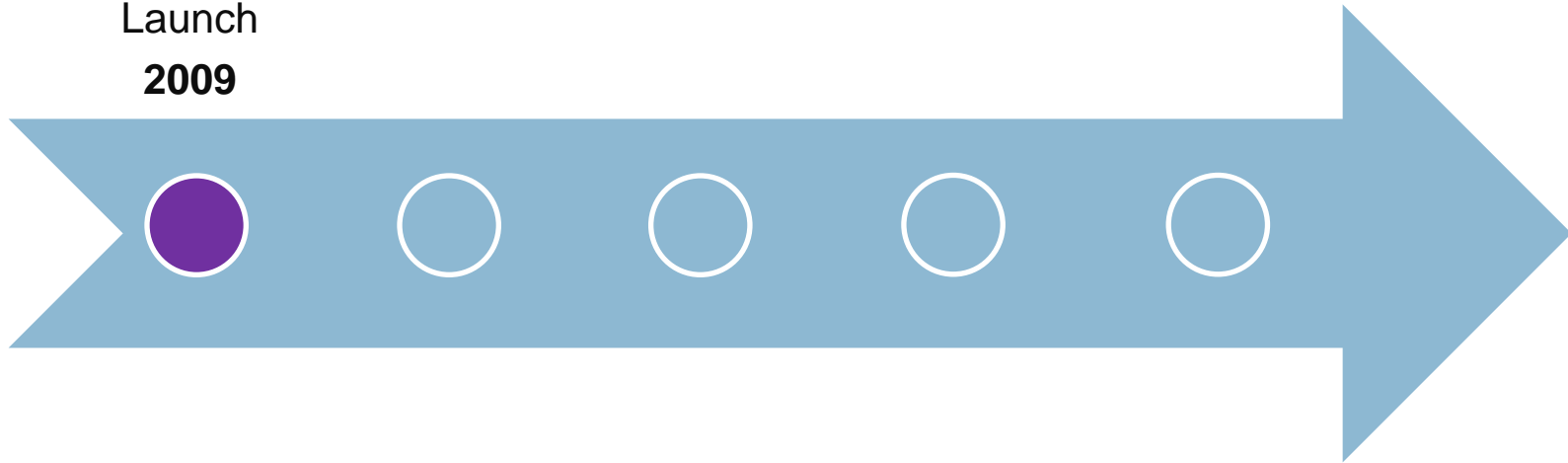
Colorado Drug Overdose Death Rate, 2014



CDC/NCHS National Vital Statistics System,
CDC Wonder. Updated 2010.

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

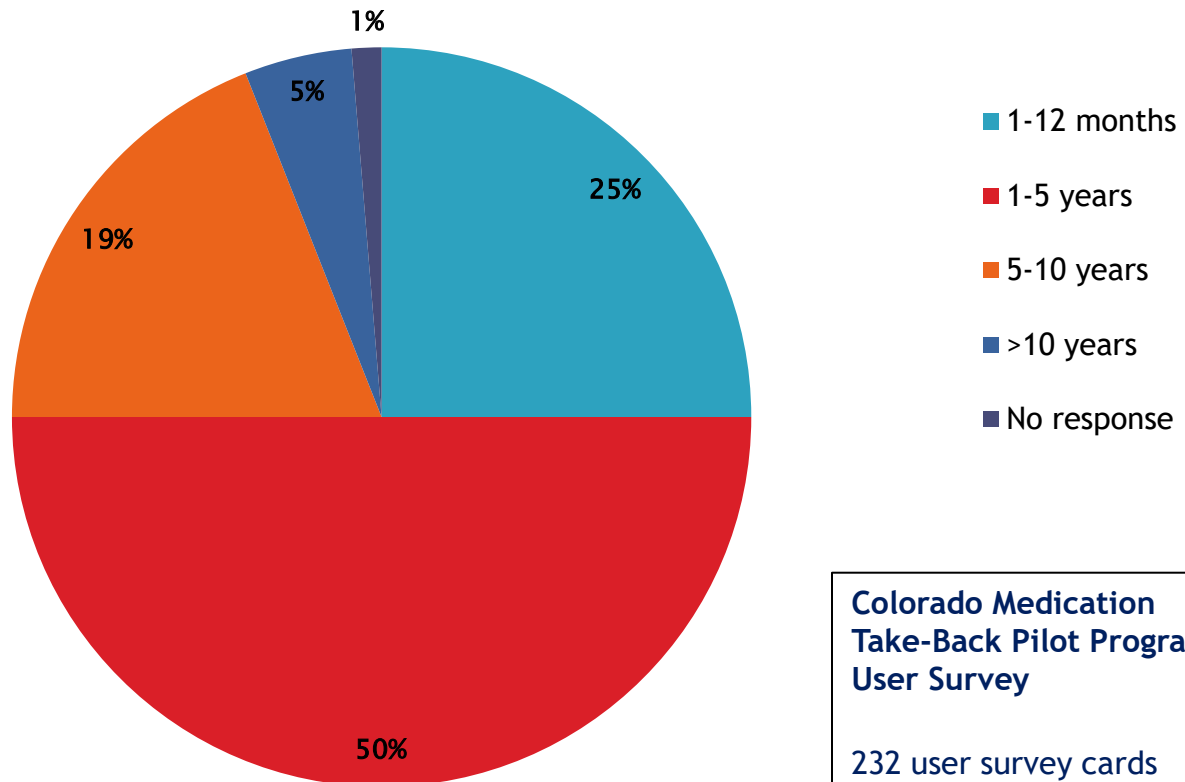


Non-hazardous industrial waste landfill

Contractor-serviced kiosks

What we learned

Unused drugs stay in the home too long...

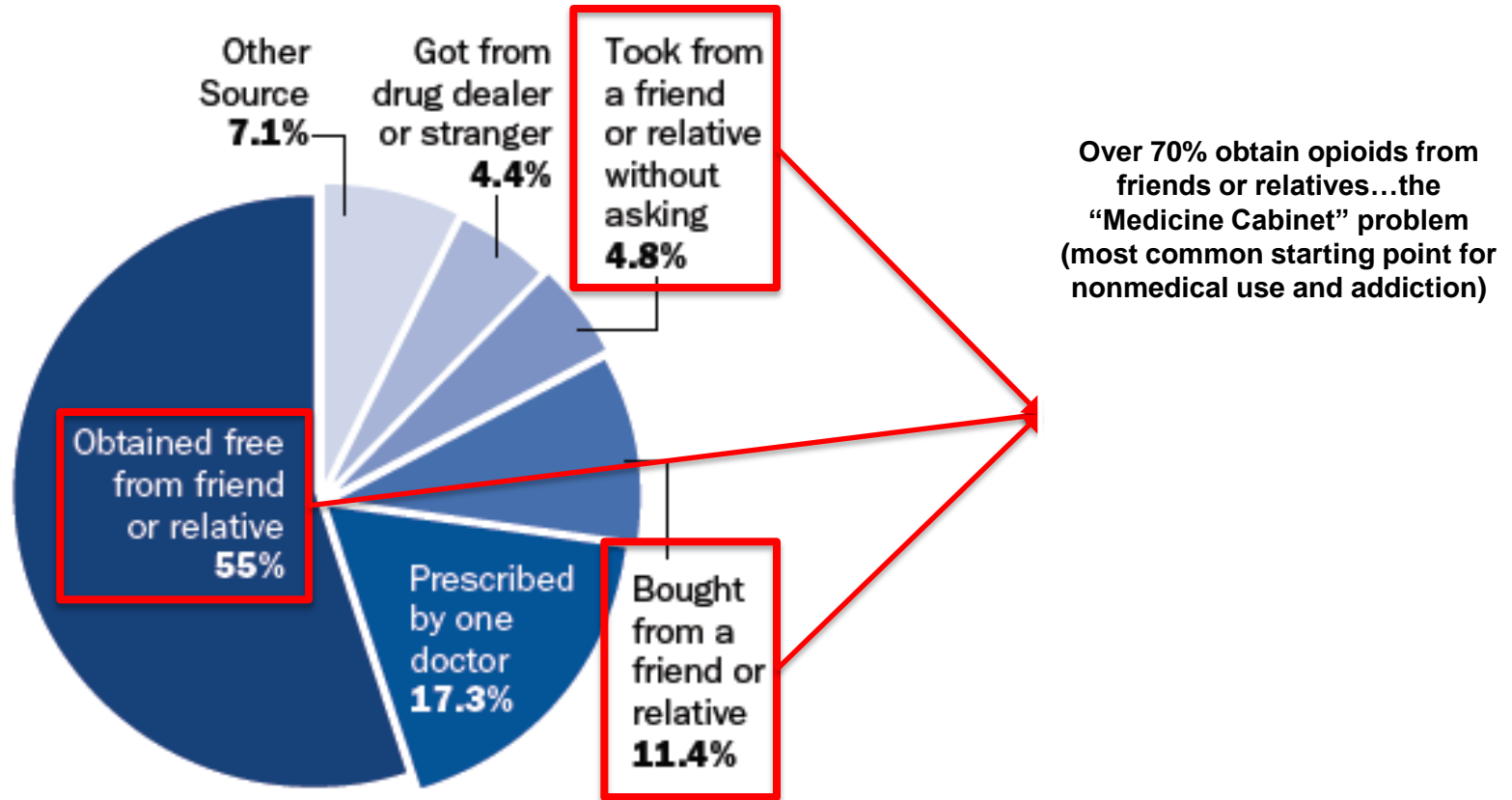


Colorado Medication
Take-Back Pilot Program
User Survey

232 user survey cards
submitted 12/16/09 -
07/15/13

How long had the medicine you dropped off
been accumulating?

...and can contribute to the problem of abuse.



Timeline Update

*Take-Back
Pilot
Project
Launch
2009

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.”

Colorado Household Medication Stakeholders Group

- **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

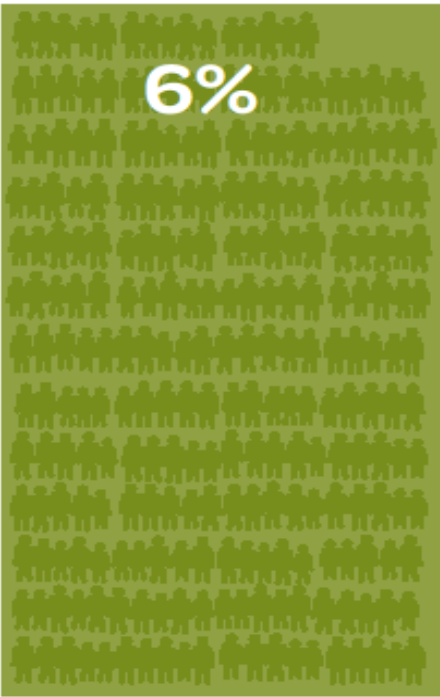
Colorado Consortium for Rx Drug Abuse Prevention

- **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**


Colorado Consortium for Rx Drug Abuse Prevention

2016 GOAL:
PREVENT 92,000 Coloradans
from misusing opioids

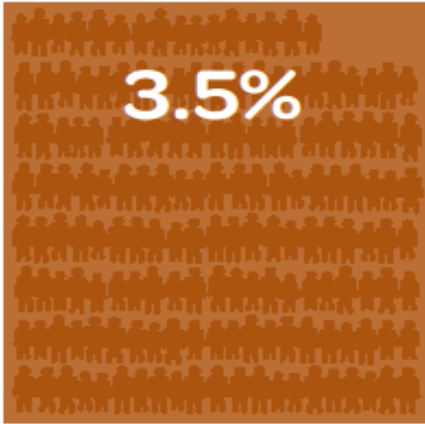
255,000
COLORADANS
AGED 12 +



2011-2012

 = 1000 PEOPLE

163,000
COLORADANS
AGED 12 +



2016 TARGET

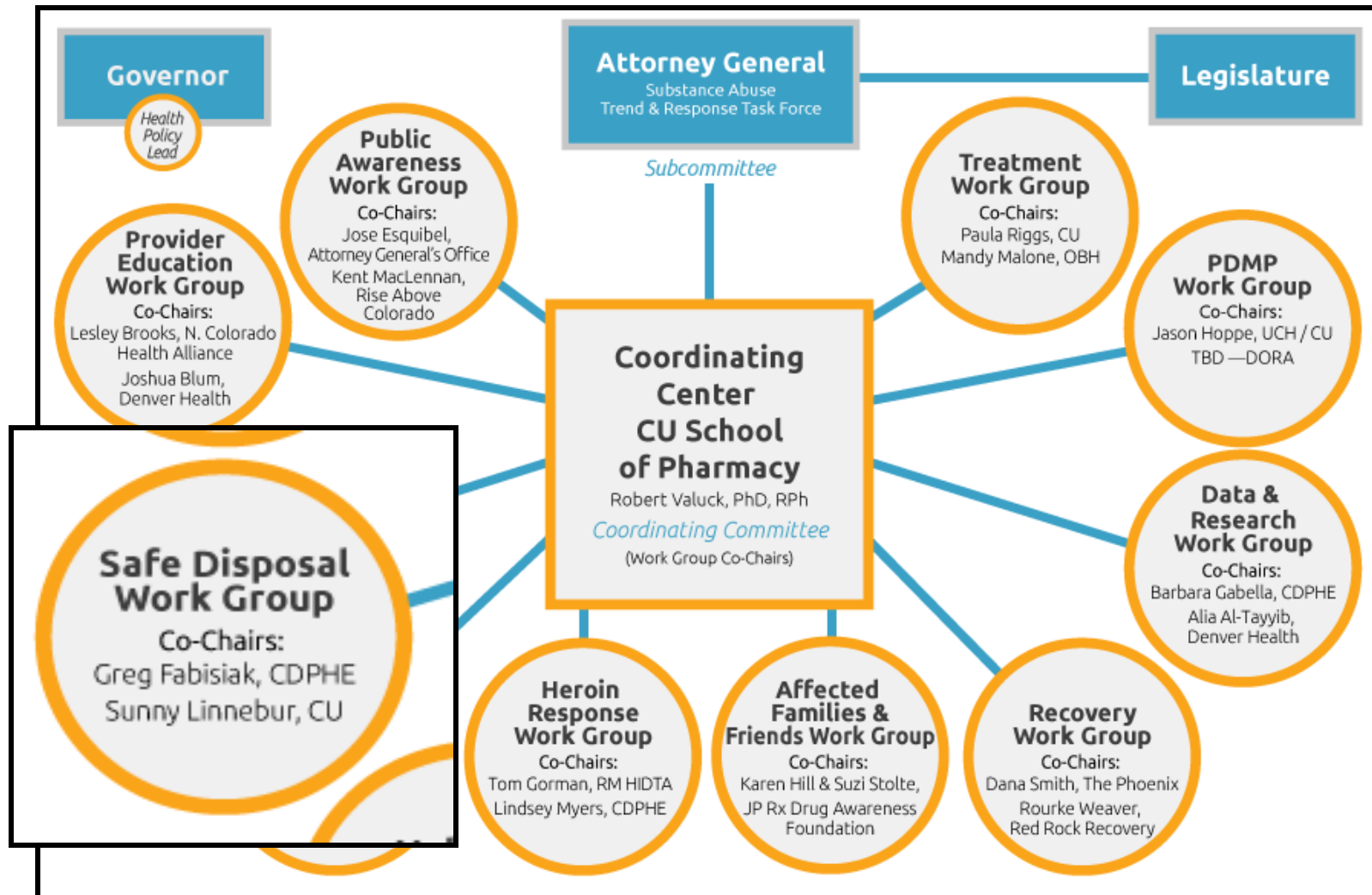
minus

=

92,000
COLORADANS
AGED 12 + PREVENTED
FROM MISUSING OPIOIDS



Colorado Consortium for Rx Drug Abuse Prevention



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 TakeMedsSeriously.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)*.



*Health Watch (<http://www.chd.dphe.state.co.us/Resources/pubs/Colorado-Opioid-and-Heroin-Overdose.pdf>) Crash Deaths: <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/612357>

Pain Medications Obtained for Nonmedical Use

53.7%

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



**NSDUH numbers: (Table 6.56B Source Where Pain Relievers Were Obtained for Most Recent Misuse among Past Year Misusers Aged 12 or Older, by Age Group: Percentages, 2014 and 2015): <https://www.samhsa.gov/data/sites/default/files/NSDUH-DeT-Tabs-2015/NSDUH-DeT-Tabs-2015/NSDUH-DeT-Tabs-2015.pdf>

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.



COLORADO
Department of Public
Health & Environment



COLORADO
CONSORTIUM
for Prescription Drug Abuse Prevention

AUGUST 2017

Do You Know
Who's Taking
Your Medicine?

STORE SAFELY - DISPOSE WISELY

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.



How you dispose of unused and expired medications does make a difference.



Consider a safe storage solution: A medication storage cabinet that locks.

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



COLORADO
CONSORTIUM
for Prescription Drug Abuse Prevention

TAKEMEDSBACK.ORG

Safe Storage Brochure

Click below this box to upload your logo. (This text will not show up on print.)



Medication Lock Box Storage Options What is Best for You and Your Family?



Many medication lock box storage options are available in stores and on the Internet. The following questions may assist you in choosing which products work best for you and your family.

Who Might Access Your Meds Without Your Knowledge?



Young Children

Lock boxes prevent small children from accidental ingestion of medication or other harmful products such as marijuana or tobacco. A lock box for this purpose may not need to have a complicated locking mechanism or be constructed of sturdy materials.



Family Members of All Ages & Pets

When purchasing lock boxes for this purpose, you will want to make sure that you can detect if the box contents have been accessed (much like locking or monitoring alcohol in your home).



Outside Visitors or Help Hired to Work in Your Home

Lock boxes for this purpose should not be easily opened or removed. As with all lock boxes, they should not be stored in plain sight.

What are Your Medication Storage Needs?



How many medications or other products (such as pet meds, marijuana, or tobacco) do you need to protect? What size container do you need? Do you need more than one container?

Ease of Access



How often do you need to access your medications or products? Consider how many people will need to access the unit and the various types of locking mechanisms (such as keys or combination locks).



Refrigerate

Do you have medications requiring refrigeration? It may be convenient to store all of your medications/products in one place. It is important to read labels carefully as some medications need to be stored at room temperature. There are specific medication lock boxes designed to fit in the refrigerator.



Portable

Does your lock box need to be portable? There are units that can be easily concealed in a bag or purse. Other units have handles and can be carried between locations.



Where Can You Purchase a Medication Lock Box?

Some medication lock boxes are available at retail stores and pharmacies. There is also a wide selection of medication lock boxes on the Internet.

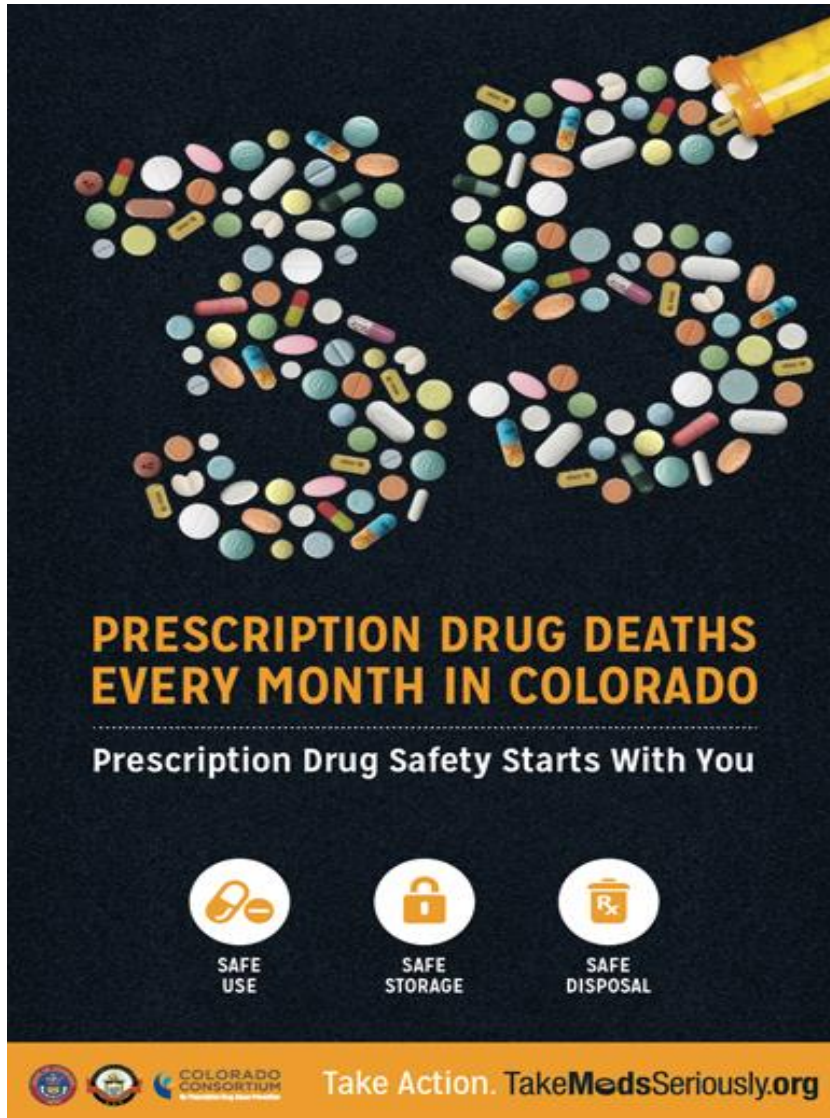
Internet search key words to use in your search box.

- prescription storage box
- prescription bottle storage
- safe medication storage
- medication lock box
- medication safe
- narcotic lock box

TakeMedsSeriously.org

Click below to upload your logo. (This text will not show up on print.)

TakeMedsSeriously.org

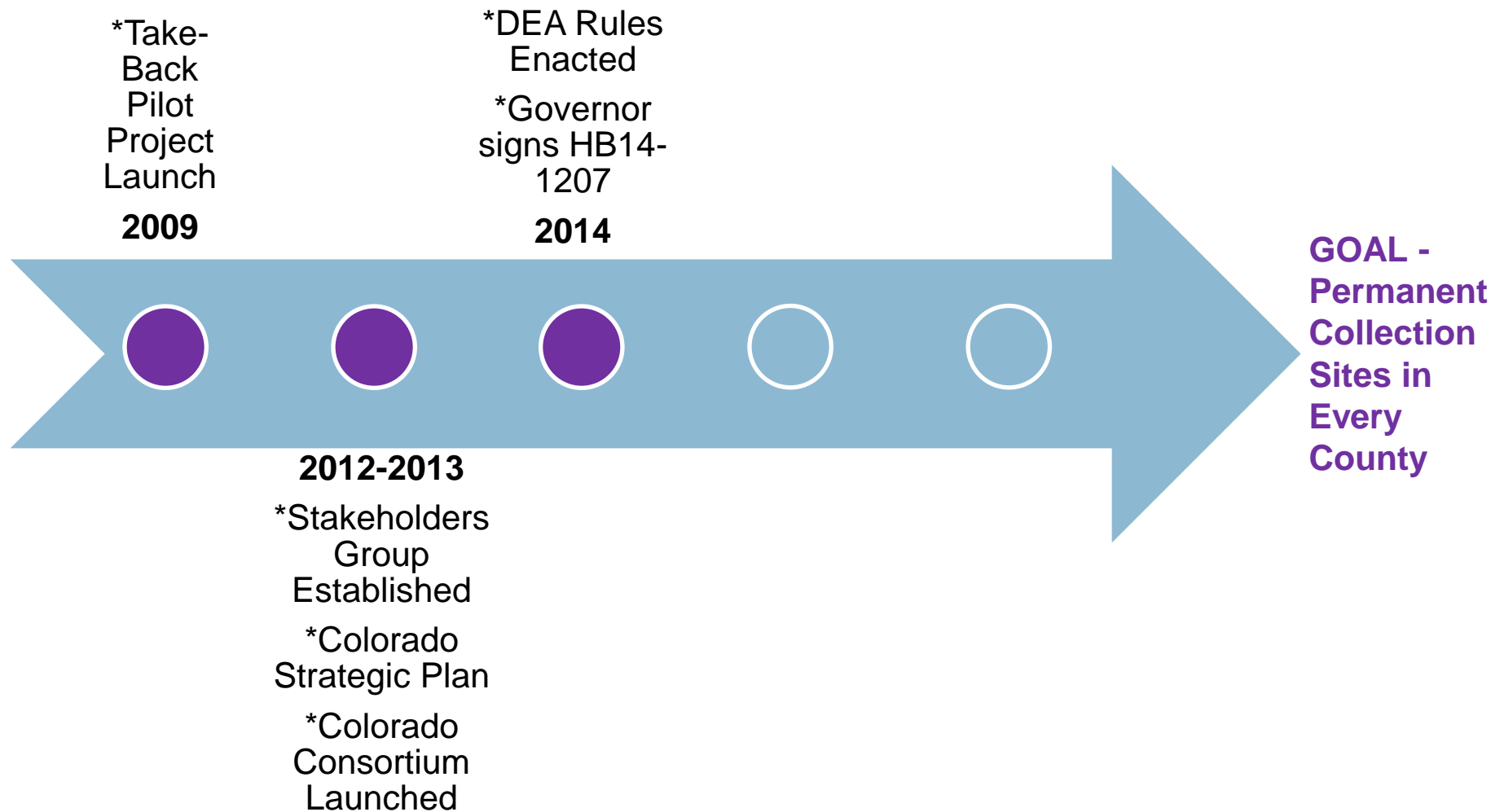


- Ran in 2015 with \$1M in funding from former AG
- Focuses on Safe Use, Safe Storage, Safe Disposal
- Bilingual (English/Spanish)
- Campaign showed significant improvement in knowledge and behavioral intent (to use safe disposal program)
- Exporting to Oregon (open to sharing with other states)

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



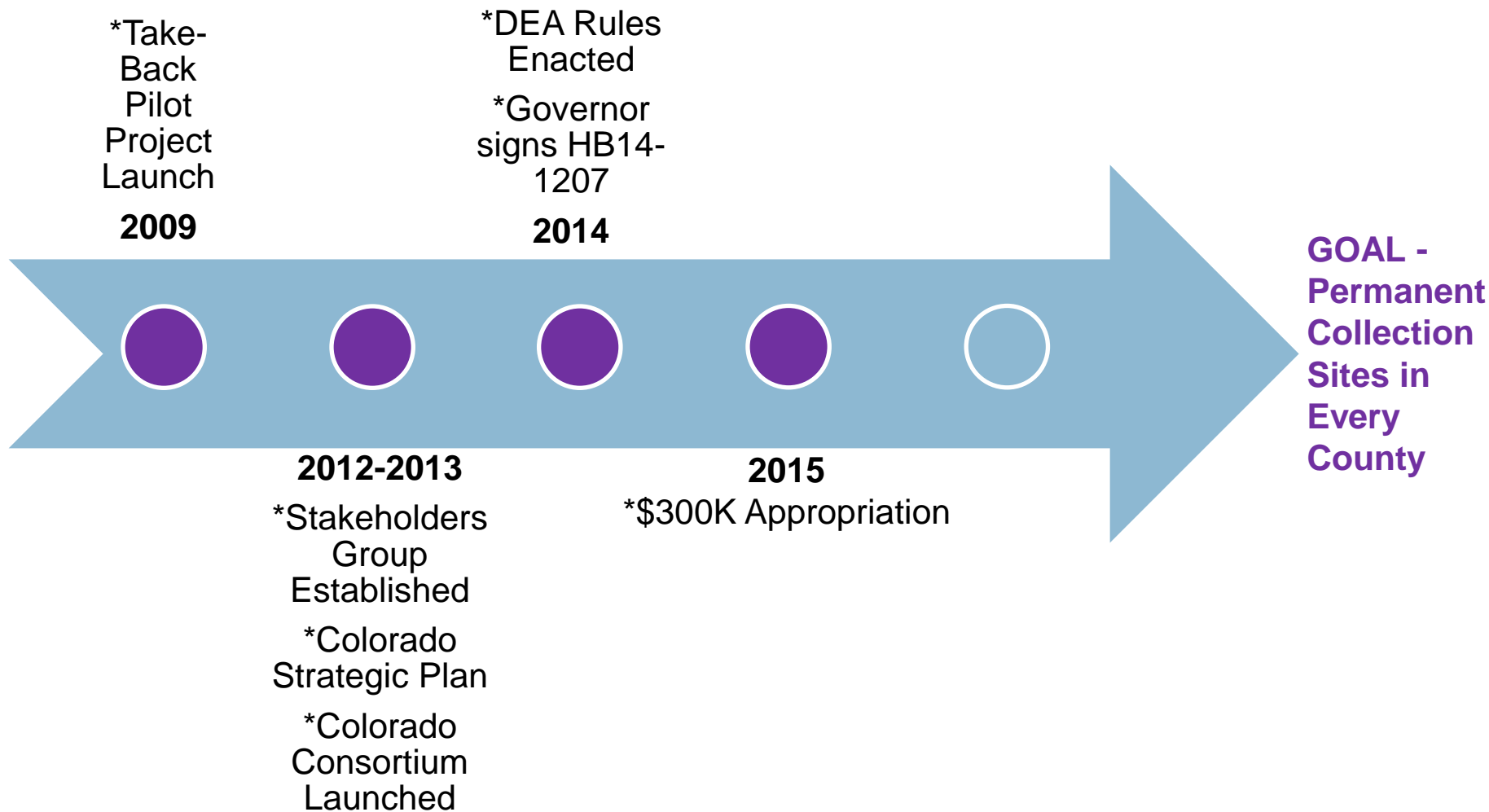
Safe Disposal Chronology: 2014

- **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

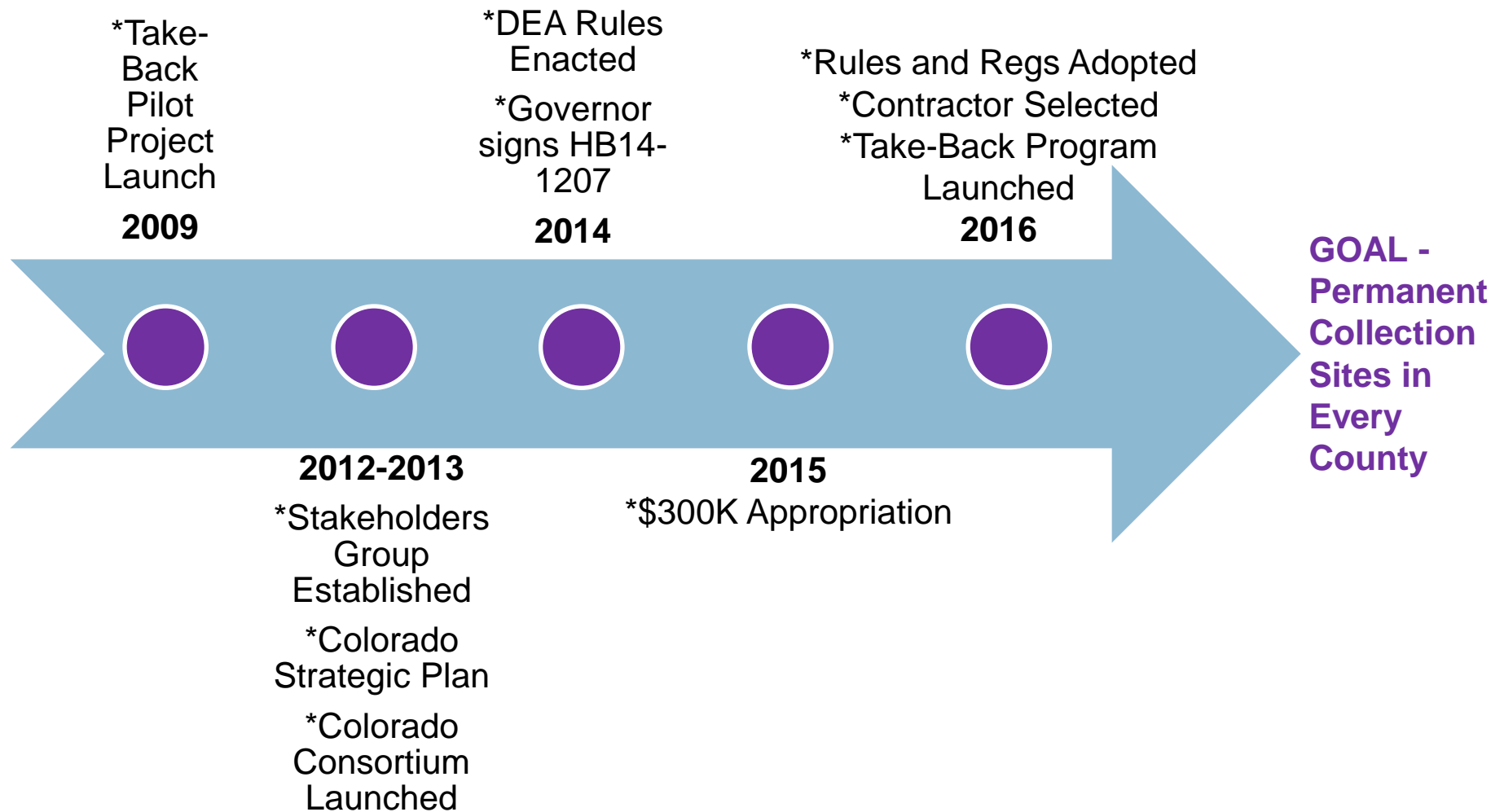
Timeline Update



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



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

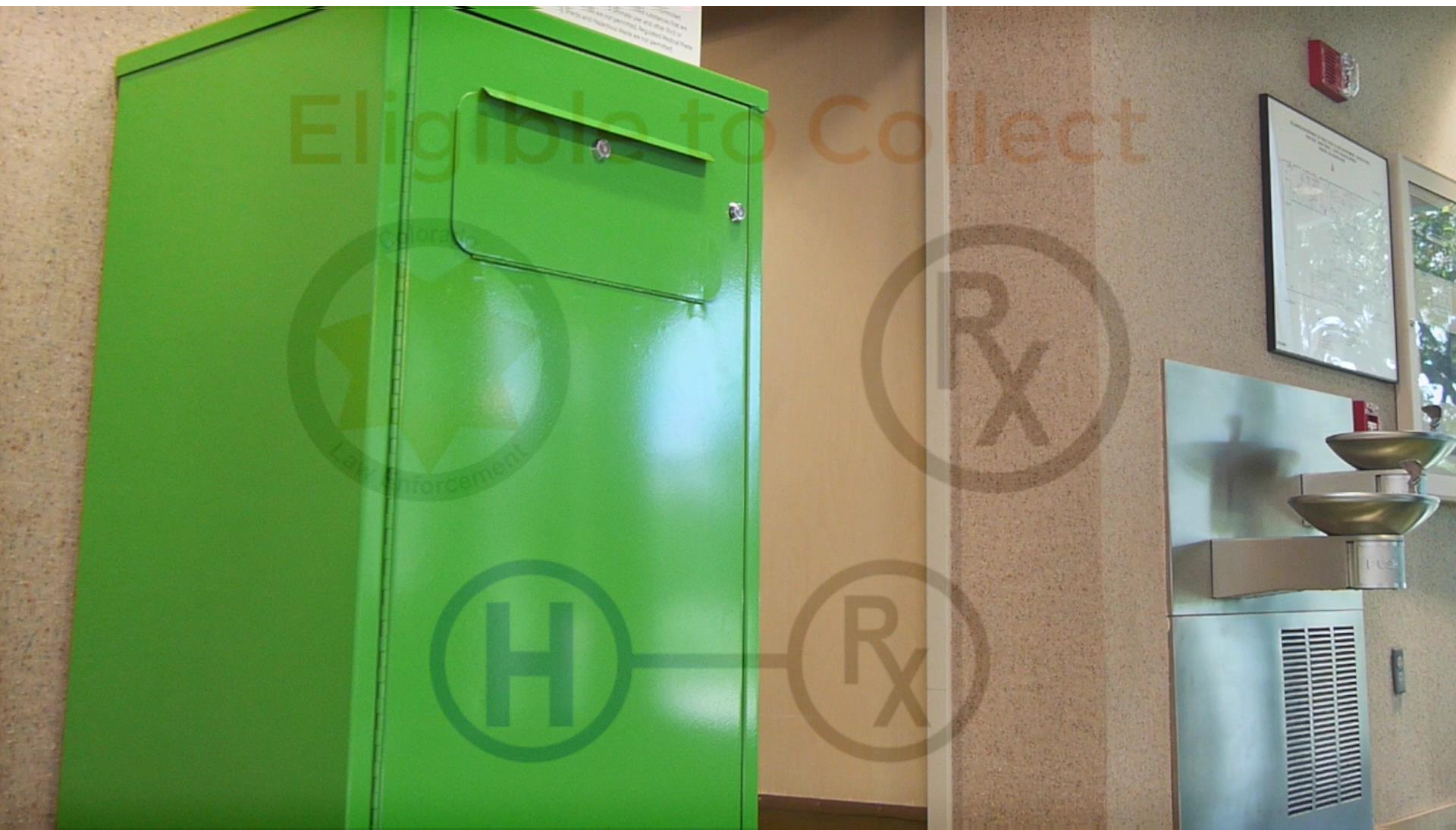
- Only apply to the State-funded program
- Collector participation is voluntary
- Mirror DEA rules for disposal of controlled substances, however:
 - Long-term care facilities not included
 - Mail-back envelopes not included
- Incorporate elements of Colorado medical waste regulations
 - Medical Waste 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



City of Brighton Police Department



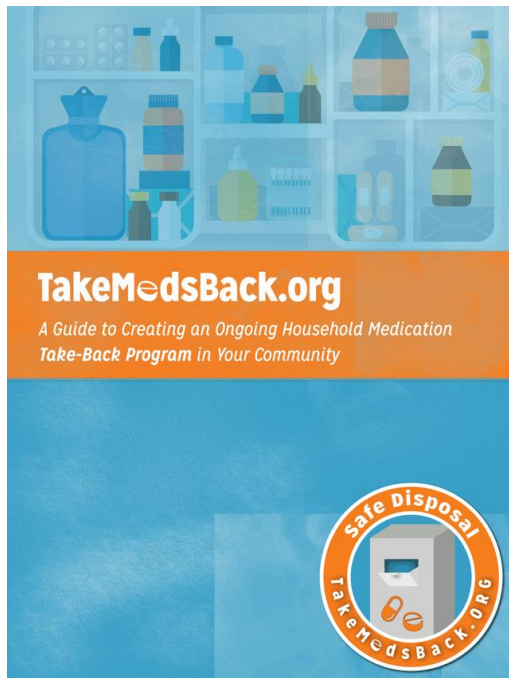
Denver Health Clinic

Promoting the Program: Community Connections are Key

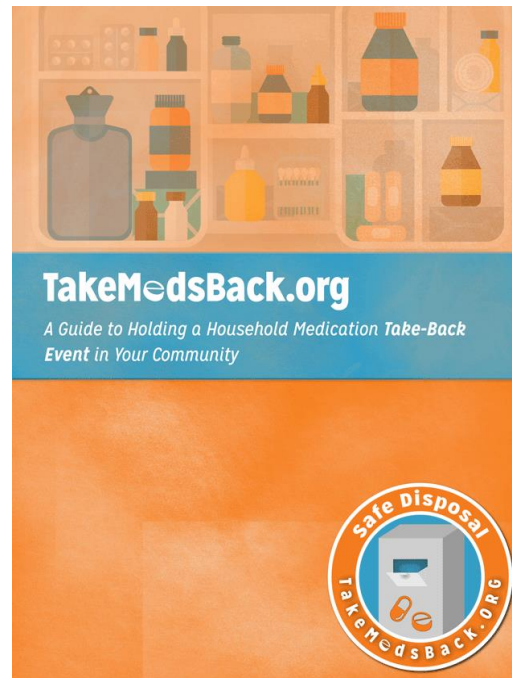
- **Joint effort of Consortium's Safe Disposal and Public Awareness Work Groups.**
- **Sites or contacts have been established with assistance provided by:**
 - Colorado Consortium for Rx Drug Abuse Prevention
 - Local Public and Environmental Health Agencies
 - Area Health Education Centers
 - Comprehensive 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 [Takemededback.org](https://www.takemededback.org)



Permanent Boxes



Take-Back Events

YOU'RE ON THE HOOK



(to keep drugs out of my water)



THIS HURT 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](https://www.TakeMedsBack.org) – landing page for disposal info



TAKE MEDS BACK
DISPOSAL OPTIONS

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.

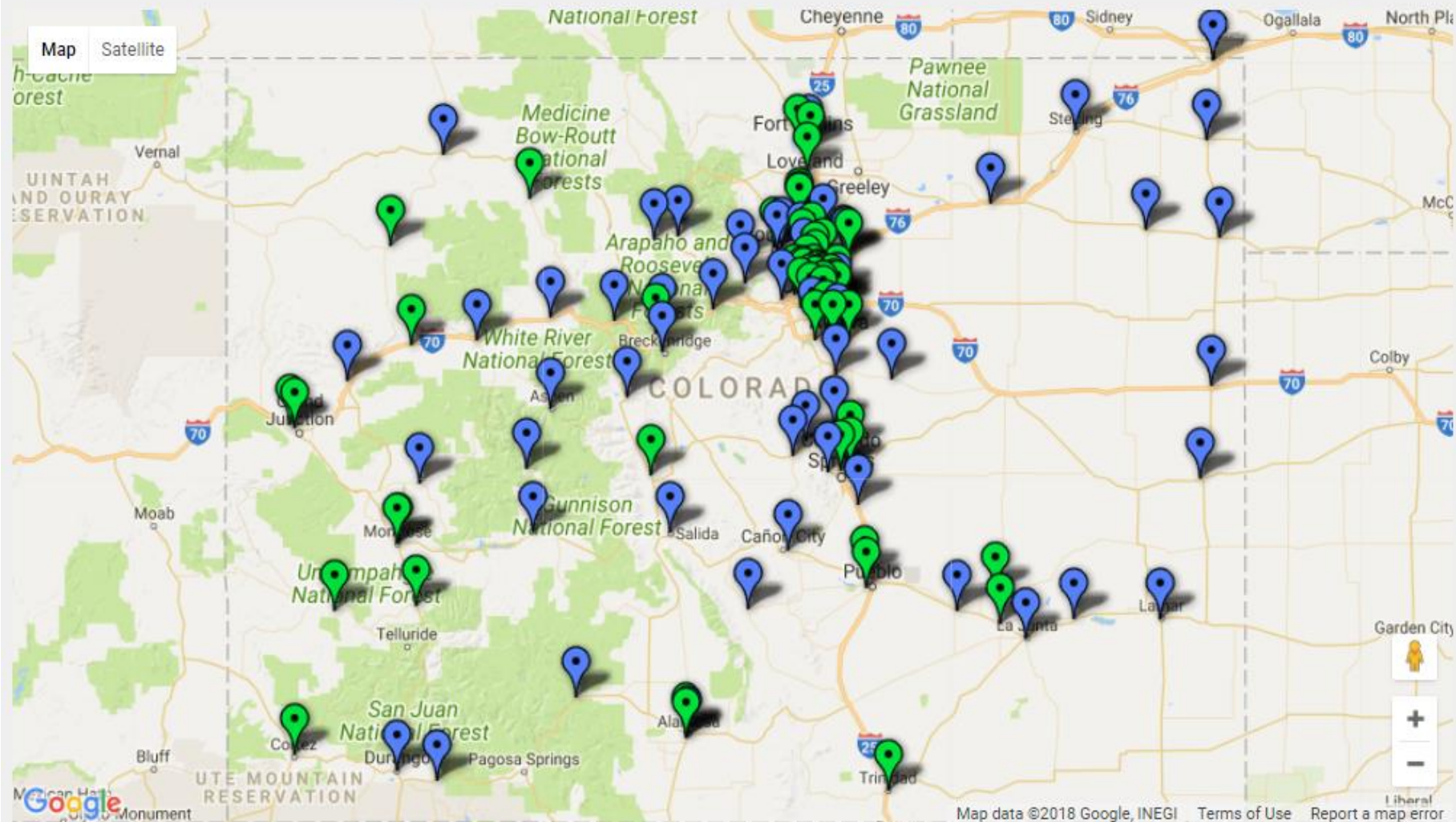
Colorado is doing something proactive to help solve the problem.

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.



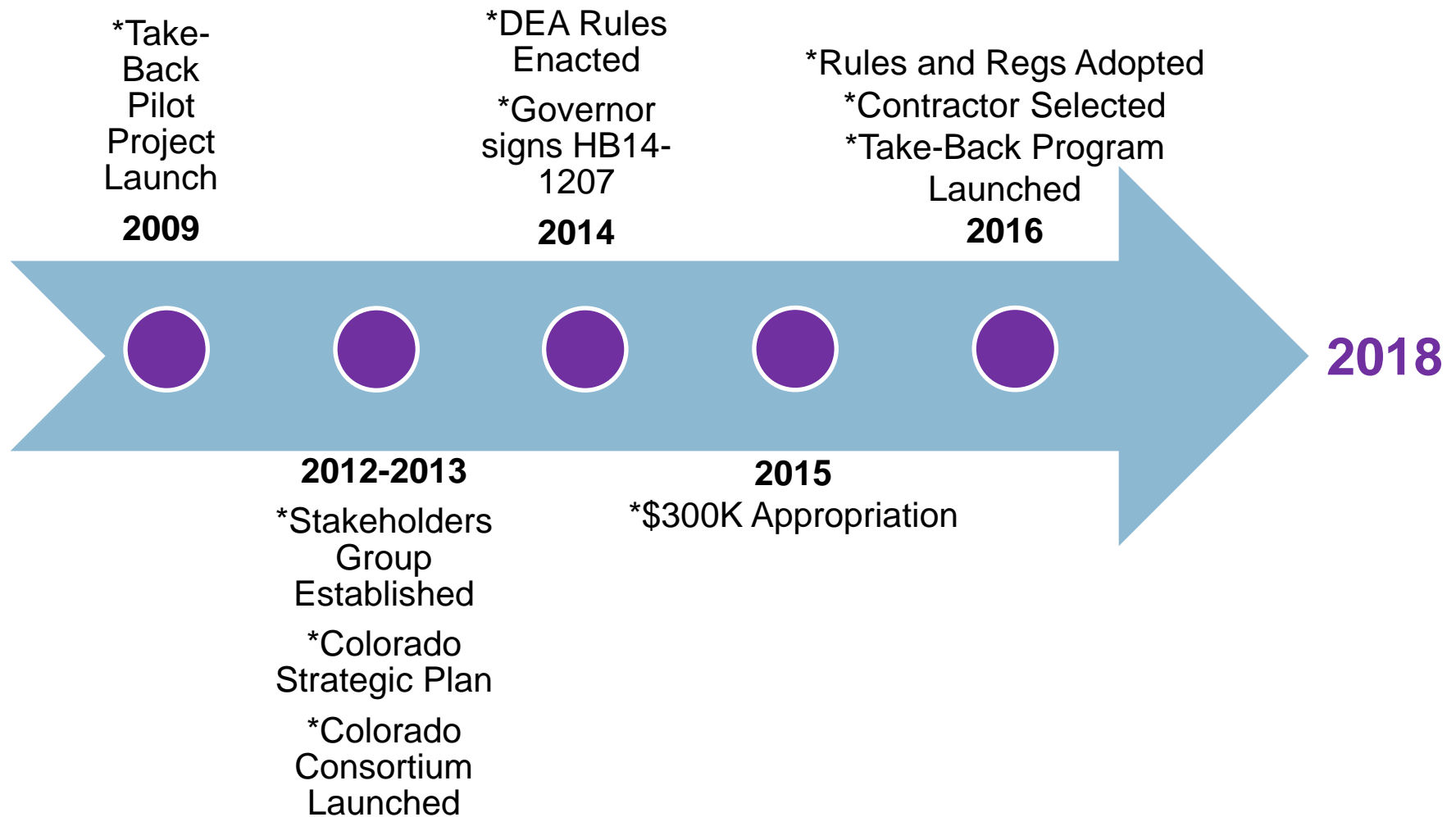
Medication Take Back locations map

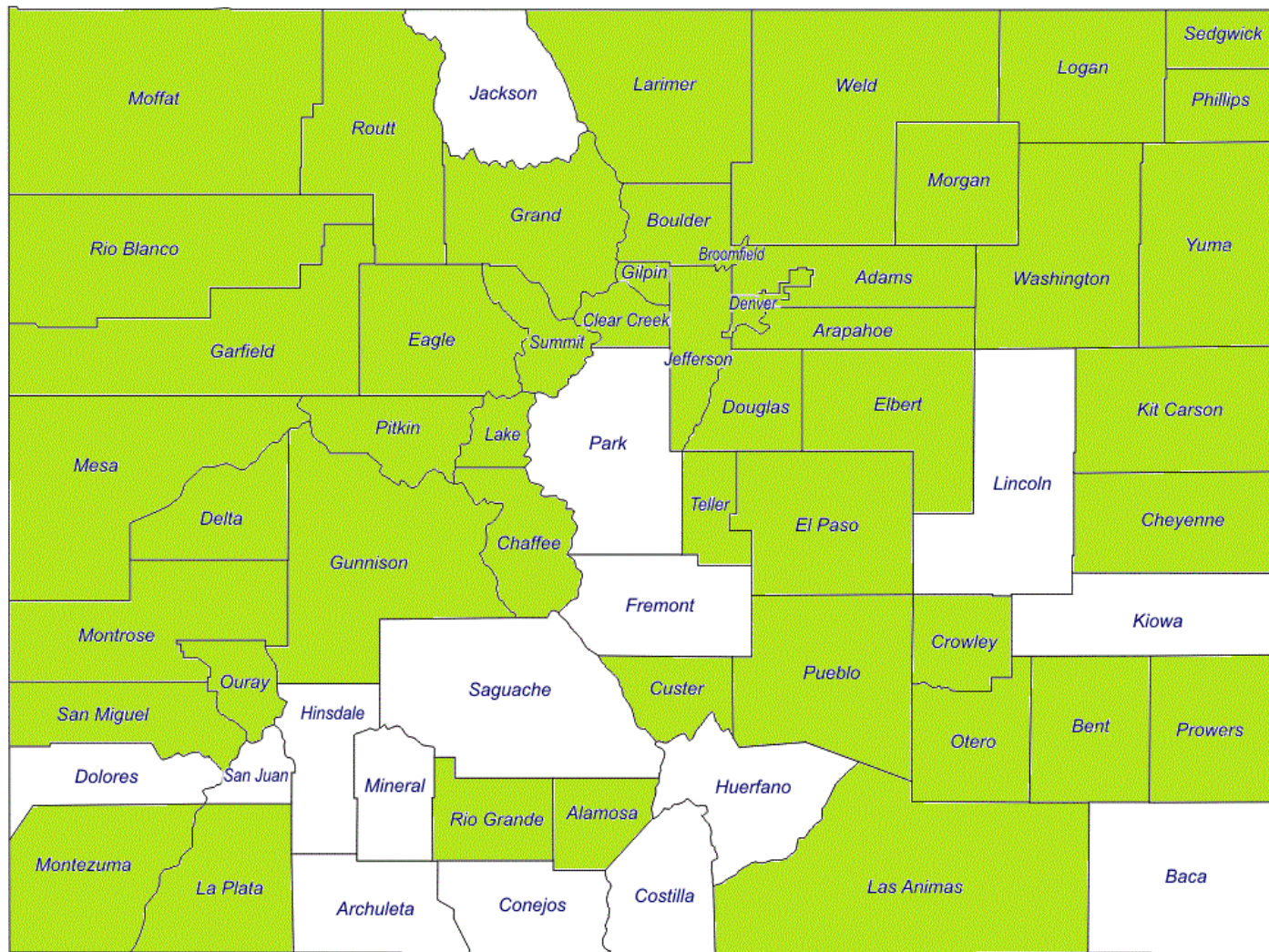
[Back to Medication Take-Back program](#)



Locations as of 01/31/18

Medication Disposal Timeline





**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

